



Bariatric Surgery (Weight Loss Surgery) Protein Supplement Recommendations

During the first 4 weeks after surgery, you will need to drink protein shakes in order to get enough protein. **Your goal is to consume at least 60 grams of protein per day.** After the first 4 weeks, you may need to continue to drink protein shakes until you are able to get enough protein from food.

You may use ready-to-drink protein shakes or you can make your own using protein powder.

Where can I buy protein supplements? You can buy protein supplements at your local grocery store, pharmacy, health food store, or online, such as: Fortinos, Zehrs, Walmart, Shopper's Drug Mart, Rexall, Costco, GNC, Nutrition House, Popeye's, etc.

Ready-to-drink Protein Shakes Examples:

Look for one that has at least **12 grams of protein, less than 20 grams of carbohydrate, and less than 5 grams fat for each 250mL (1 cup) serving.**

Examples:

- Premier Nutrition High Protein Shake (Costco)
- Boost Diabetic
- Nestle Carnation Breakfast Essentials (**No Sugar Added**)
- GNC Total Lean Shake 25

DO NOT choose any of the following supplements as they are too high in carbohydrates: Regular Carnation Breakfast Essentials, Regular Boost, Ensure, Glucerna, and Slim Fast

Protein Powder Examples:

Look for one that is made of **whey protein isolate** or a **soy protein isolate**, both of which are lactose-free. If you are able to tolerate lactose, you may use whey protein concentrate. When choosing a protein powder look for one that has **20 to 40 grams of protein, less than 5 grams of carbohydrate and less than 3 grams of fat for each serving.**

Examples:

- Interactive Nutrition Absolute Soy
- Weider 90% Soy Protein
- Six Star Pro Nutrition 100% Whey Isolate
- Kaizen Naturals Whey Isolate
- Bodylogix Natural Isolate
- All Max Iso Natural Whey Preprotein Isolate
- President's Choice Natural Source Whey Protein Isolate
- Revolution Nutrition Whey Isolate Splash (Popeye's/ GNC)

The Wharton Medical Clinic is not endorsing any of these products and is not receiving any compensation to list them on this resource.

Adding Flavour to your Protein Supplement

In order to add some variety to protein supplements, here are some tips and recipes:

Type of Product	Mix with	Mixing Tips
Protein Powder: Chocolate or Vanilla Flavour	Mix with: <ul style="list-style-type: none"> • Skim or 1% milk • Lactose-reduced milk • Soy beverage (low sugar) • Water 	Add ice and mix in blender with: <ul style="list-style-type: none"> • Sugar-free syrups or extracts • Nestea Singles, Lipton Ice Tea to Go, Crystal Light • Instant coffee • Frozen fruit & yogurt
Protein Powder: Fruit Flavoured	Mix with water	<ul style="list-style-type: none"> • Serve over ice • Add ice and mix in blender
Protein Powder: Unflavoured	Mix into: <ul style="list-style-type: none"> • Milk or soy beverage • Yogurt • Mashed potatoes • Applesauce • Sauces • Smoothies 	<ul style="list-style-type: none"> • Dissolve small amounts of protein powder into semi-liquid foods/beverages • Do not add to boiling sauces or soups. Wait until cooled before adding protein powder
Ready-to-drink Protein Shake	Mix into: <ul style="list-style-type: none"> • Over ice 	Add ice and mix in blender with: <ul style="list-style-type: none"> • Sugar-free syrups or extracts • Nestea Singles, Lipton Ice Tea to Go, Crystal Light • Coffee