



Protein Shakes	<p>There is no way to get around it! You will need liquid protein sources to get adequate nutrition after surgery. Start exploring protein supplement options NOW. Variety is encouraged to prevent taste fatigue after surgery.</p>
	<p>Popular ready-to-drink options are: Premier Protein, Fairlife, Core Power, Muscle Milk, Quest, Slimfast Advanced. Ready-to-drink protein shakes should be <12 ounces/serving.</p>
	<p>Protein powders may be used and mixed with water, 1% milk or unsweetened almond milk. Ask your dietitian about specific recommendations.</p>
	<p>Blended smoothies with fruit are not acceptable before surgery. Fruit contributes carbohydrate and bulk which doesn't satisfy the protein supplement guidelines for this stage in the bariatric process.</p>
	<p>Limit protein intake to about 30 grams/hour to promote the best absorption.</p>
	<p>Protein Supplement Guidelines 20-30 g protein <9 g carbohydrates <5 g fat per serving.</p>
Protein Sources	<p>★ Whey protein isolate or concentrate, milk, casein, powdered egg white and soy protein isolate are considered complete sources of protein. Plant based protein powders are not considered "complete" but are acceptable.</p>
	<p>× Products containing collagen or hydrolyzed collagen are not a complete source of protein and should not be calculated as part of your daily protein goal but can be beneficial to promote healthy hair, skin and nails.</p>
	<p>! CAUTION Unflavored protein powders DO HAVE A FLAVOR and must be used strategically for best results. Talk to your dietitian who can provide product recommendations and discuss tips for best use. <u>Genepro is NOT recommended.</u></p>