

Importance of Protein

Protein is important for healing and preventing unwanted symptoms such as muscle loss, hair loss, fatigue and while you are losing weight.

Protein helps you feel full, satisfied and “holds” you longer which is what leads to success. This can be a new experience, often described as “heavy” by patients, and is important to get comfortable with it.

You will need:

- ✓ At least ___ gm protein/ day (this will be adjusted as you lose weight)
- ✓ To include protein at each meal / mid meal
- ✓ Protein supplements until you are able to meet your protein needs through food
- ✓ Eat your protein foods first as part of a balanced meal
TIP: to help tolerance of protein food try 3:1 protein:vegetables

Sources of protein:

Fruit, vegetables, and whole grains provide lesser amounts of protein and are to be included in a balanced meal plan.

Best Sources of food protein:

- It is important to use food sources of protein and not rely too much on protein supplements.
- Relying on protein supplements in place of whole foods may allow you to meet your protein target, *however* it will compromise your nutrition.
- Foods contain much more than just protein – Iron, B12 and other vitamins that are important for your health.

However, you will need the protein supplements to help meet your needs as food volumes are way too small to meet needs, for at least the first 6 months.

- Lean meat & meat alternatives-meat, chicken, fish, egg
- Buy lean, quality cuts of meats – fillet or loin cuts are better tolerated.
- Avoid processed meats eg: deli meats, salami, sausages these are poor quality protein!
- Fruit, vegetables and wholegrains provide small amounts of protein and are to be include in balanced meal plan.
- Dairy (ensure they have adequate calcium) – milk, yoghurt, cheese.
- Plant based milk and yoghurts (ensure they have adequate protein 9g/250ml and calcium 300mg/250ml)
- Nuts and legumes, baked beans and 3&4 bean mix

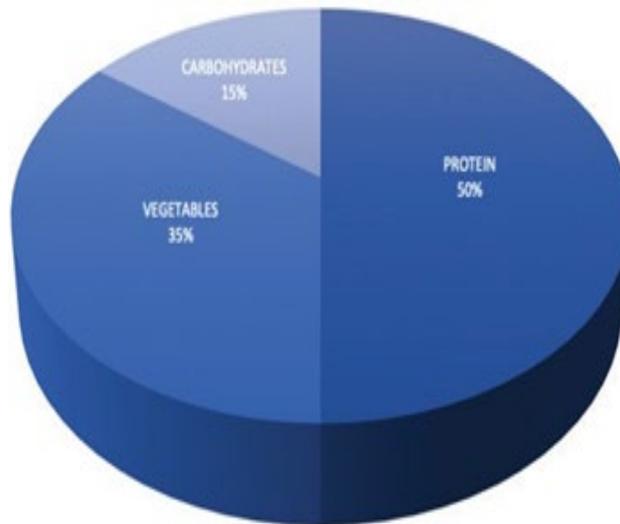
Added Protein Supplements

Whey - is best to help maintain muscle mass (it also contains leucine that is vital for muscle maintenance)

Collagen – will help with muscles but is more directed towards maintenance of hair, skin and nails.

The best option is to use a combination of both.

- ✓ Shakes – Formulite, Feel Good, BN Healthy, Manshake 30g/serve (Whey and Protein)
- ✓ Soups – BN Healthy, Formulite Soup (Collagen and Whey)
- ✓ Water – Formulite Recovery, Feel Good, BN Healthy Bodiez (Whey and Protein)
- ✓ Powders – Whey: Feel Good, Boomers, True Protein, BN Healthy Pure Pro and Peptipro
Collagen: Feel Good Tasteless, True Collagen, Peptipro and Muscle Nation
Vegetarian: Bulk Nutrients, Bare Blends and True Protein



Download apps such as MyFitnessPal or Bariatrics or use the table to count your protein intake. It is useful to count your protein for 1 month to learn/check in. We suggest 2 days per week, 1 day being a weekday/ workday and the other being a weekend/non workday.

Breads and cereals, fruits and vegetables generally have 1-2g/serve, so we see these as a “bonus” protein as they add valuable nutrition so should be included daily in your eating plan.

Nutrition for weight Loss Surgery have written a PROTEIN PLANNER that is a great resource for protein intake, guide and counter.

[Nutrition for Weight Loss Surgery](http://www.nutritionforweightlossurgery.com) www.nutritionforweightlossurgery.com

PROTEIN CONTENT OF COMMON FOODS		
Food	Portion	Protein (g)
Chicken/ Seafood/Meat		
Chicken, Fish, Veal, Pork, Lamb, Beef	60gm	14
Prawns	5 pieces	7
Egg		
Egg	1	7
Dairy		
Milk	1 glass/1cup (250ml)	7/10
Yoghurt (high protein)	150 - 200gm	15 - 20
Paul's Light Custard	100ml	4.9
Cottage cheese	¼ cup (75ml)	7
Ricotta cheese	25gm	2.2
Philadelphia (light) cheese	25gm	2
Cheese (reduced fat)	20gm	6-8.6
Cheese stick/stringer	25gm	5
Feta cheese	16gm	5
Laughing Cow	16gm	2.2
Babybel cheese	20gm	4.6
Vegetarian Products		
Soy Beans	½ cup	14
Tofu	½ cup	10
Soy milk, plain	1 cup	7
Textured protein	½ cup	11
Quorn	75g	11.2
Nutritional Yeast	10g	5.4
Hommus	20gm (1 tbsp)	1.5
Kidney Beans, Lentils, Chickpeas, Baked Beans	½ cup (125ml)	8
Nuts / seeds	40gm	8 - 12
Chickpea nuts	66gm	11.8
Peanut Butter	20gm (1 tbsp)	5-6
Meal Replacements/ Protein Supplements		
Optifast	1 sachet	17
Optifast Plus	1 sachet	28
Formulite	1 bottle	33.8
Aussie Bodies Protein FX Lo- Carb lean protein shake	387ml	30
Bodie'z Protein Water	2 scoops / 500ml bottle	30
Feel Good Tasteless Protein Water	1 scoop	15
Feel Good Flavoured Protein Water	1 scoop	7
BSC Bar	60gm	18.5
Aussie Bodies Protein FX Lo- Carb Bar	30gm	9