

Choosing High Protein Shakes & Powders

- Protein shake and powders are heavily utilized in the immediate months post op to promote wound healing and minimize loss of lean muscle mass.
- Liquid protein supplements such as shakes and powders are the easiest to take in right after surgery. After the first 2 - 3 months you will incorporate traditional proteins and foods into your diet.
- Many patients continue to use protein shakes as a convenient source of protein and nutrition.
- They are great for a quick and easy breakfast, snack, or as a backup plan when running late and you have no time for a regular meal.
- There are many shakes on the market. Some claim to be high protein but contain only moderate or low grams of protein and can be high in sugar and calories. Make sure to read the label and use the formula provided in this handout to ensure the shake or power meets your needs.

Protein Drinks & Powders Brands

Brand	Calories	Protein grams	Sugar grams	Where to buy
Premier Protein	160	30	1	Amazon, Costco, Target
Pure Protein	170	35	1	Amazon, Walmart, Walgreens
Optimum Nutrition	130	24	2	Amazon, Costco, GNC, Vitamin Shoppe
EAS 100% Pure Whey Protein Powder	150	26	2	Amazon, Walmart, Target
Muscle Milk <i>Lite</i>	100	20	0	Amazon, Sam's Club
Bariatric Advantage	160	27	0.5	Amazon, bariatricadvantage.com
Bob's Red Mill All Natural Whey Protein Concentrate	80	15	1	Amazon, local grocery stores
Quest Nutrition Protein Powder	100	20	0	Amazon, GNC

Lactose-Free (whey protein isolate), Soy, Egg white, & Plant-based, Organic Protein Options

Brand	Calories	Protein grams	Sugar grams	Where to buy
Unjury	100	21	3	Unjury.com
Beneprotein	25	6	0	Amazon, Walmart, Walgreens
Isopure Zero Carb Protein Powder	105	25	0	Amazon, GNC, Vitamin Shoppe
Isopure Zero Carb Ready-to-Drink	160	40	0	Amazon, GNC, Vitamin Shoppe
Syntrax Nectar	100	23	0	Amazon, Vitamin Shoppe, syntraxnectarprotein.com
Bob's Red Mill Gluten Free Soy Protein Powder	80	17	0	Amazon, local grocery stores
Trader Darwin's Soy Protein Powder	110	23	0	Amazon, Trader Joes
Jarrow Formulas Iso-Rich Soy	110	25	0	Amazon, GNC, Vitacost
MRM Egg White Protein Powder	110	25	0	Amazon, Vitamin Shoppe, jayrobb.com
Jay Robb - Egg White Protein Powder	115	24	0	Amazon, Vitamin Shoppe, jayrobb.com
Now Foods Egg white Protein	100	20	1.5	Amazon, iherb.com
PaleoPro Protein Power	127	23	0	Amazon
Nutiva Organic Hemp Protein Powder	90	15	1	Amazon, Costco, Target Vitamin Shoppe
Bob's Red Mill Hemp Protein Powder	120	14	1	Amazon, local grocery stores
Bob's Red Mill Protein & Fiber Nutritional Booster	160	1	20	Amazon, local grocery stores
Bob's Red Mill Vanilla Protein Powder Nutritional Booster	180	20	3	Amazon, local grocery stores
Orgain Organic Protein	150	21	1	Amazon, Costco, Target

Formula for choosing high protein shakes and powders:

- 150 - 180 calories or less
- 20+ grams of protein
- < 5 grams of sugar
- No aspartame (NutraSweet). Sucralose (Splenda) is okay.

Examples of different shake labels:

AVOID: high calories & sugar, low protein

NUTRITION FACTS	
Serving Size: 3 scoops (60g)	
Servings per Container: 9	
Amount Per Serving	
Calories	240
Calories from Fat	70
	% Daily Value
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Potassium 460mg	13%
Total Carbohydrate 33g	11%
Dietary Fiber 8g	32%
Sugar 18g	
Protein 15g	30%

BEST: high protein, low calories & sugar

Nutrition Facts	
Serving Size 1 Rounded Scoop (31.5g)	
Servings per Container 30	
Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	4%
Total Carbohydrate 2g	1%
Sugars 0g	
Protein 25g	60%

BETTER: but protein is low

NUTRITION FACTS	
Serving Size: 1 bottle (11.5 oz.)	
Servings per Container: 4	
Amount Per Serving	
Calories 160	Calories from Fat 70
	% Daily Value
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 300mg	13%
Potassium 310mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugar 6g	
Protein 16g	30%

BEST: high protein, low calories & sugar

Nutrition Facts	
Serving Size 1 Shake (11 fl oz.)	
Servings per Container	
Amount Per Serving	
Calories 160	Calories from Fat 25
	% Daily Value
Total Fat 3g	5%
Saturated Fat 0g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 270mg	11%
Potassium 310mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugar 1g	
Protein 30g	60%

Enhancing the Protein Shakes and Powders

To make the shakes/protein sources tastier and more enjoyable, stock up on a few items.

1. Your tastes may change after surgery so have a variety of different brands of shakes & powders on hand to ensure you have several to choose from.
2. Select chocolate, vanilla, chicken soup & unflavored protein powders as your basic flavors.
3. Buy different flavors of sugar free syrups to add to your protein shakes and nonfat, plain yogurt. Sugar free Da Vinci and Torani brands are both sweetened with sucralose (Splenda) and Cash & Carry stores have a wide selection for a lower price than regular grocery stores.
4. Stock up on herbs and spices to flavor broths and low fat cream soups. There are many blends already for you to use: Italian, taco, Creole seasonings. Mild curry powder, thyme, basil, rosemary, cumin, etc.

For the first 2 months after surgery avoid any spicy seasonings like cayenne pepper, Tabasco or hot sauce; it's too hard on the pouch.

For protein shakes and powders:

- Vanilla + SF caramel
- Vanilla + SF white chocolate mocha
- Vanilla + SF orange = "creamsicle"
- Vanilla + SF pumpkin spice

- Chocolate + SF raspberry
- Chocolate + SF coconut
- Chocolate + PB 2 = "chocolate peanut butter cup"
- Chocolate and SF peppermint

- Unflavored protein powder + tomato soup + basil
- Unflavored protein powder + squash soup + mild curry powder
- Unflavored protein powder + chicken broth + Creole seasoning