

## Vegetarian & Alternative Proteins for the Bariatric Patient

Weight loss surgery can change your taste buds as well as your ability (or inability) to eat certain animal protein sources. Exploring plant based protein sources will help increase variety and help adequate protein intake.

### Vegetarian Types:

- Lacto-ovo vegetarians eat eggs and dairy, but no meat.
- Lacto-vegetarians eat dairy, but not eggs or meat.
- Vegans abstain from meat, dairy, eggs, and sometimes other animal-derived products such as gelatin and honey.
- Pescatarians, who abstain from meat, but do eat seafood, as well as varying degrees of vegetarianism such as those who eat white meat but not red meat.
- Bariatric: can't tolerate many (or any) animal proteins.



### Glossary of Terms

A vegetarian diet can include foods that may be unfamiliar to you. Below is a glossary of terms that are a common part of a vegetarian diet.

- **Casein:** A milk protein sometimes used in otherwise non-dairy products such as soymilk, soy cheese and non-dairy creamer. Vegans do not consume casein.
- **Legumes:** The vegetable family that includes beans, lentils, peas. They are an excellent source of fiber, vitamins and minerals, while being low in fat and having no cholesterol and contain some protein. They can be bought dried, canned, frozen or fresh.
- **Nutritional Yeast:** A health supplement grown on molasses, sugar beets or wood pulp. May be used as a condiment or added to recipes to provide a cheese-like flavor.
- **Seitan:** A vegetarian replacement for meat, made of the protein gluten extracted from wheat.
- **Soybean:** A legume, which is an excellent, inexpensive vegan source of protein and iron. Soybeans are used to make a number of vegetarian and vegan substitutions for meat, dairy and eggs.
- **Plant milk:** A milk-like product made from soybeans, nuts, seeds, grains or coconut. While soy milk is most similar to cow's milk in terms of protein content, most plant milk nutrient profiles are different than that of dairy milk. Some plant milks are fortified with nutrients such as calcium, vitamin D and vitamin B12. Most plant milks contain very little protein but can add flavor.
- **Tempeh:** A replacement for meat, made from fermented soybeans. It's delicious marinated and grilled, as a replacement for bacon in a "B"LT, or chicken in mock chicken salad.

## Vegetarian Resources

- **Vegetarian Starter Kit** from the Physicians Committee for Responsible Medicine: Pay \$2 per issue or download for free at <http://www.pcrm.org/health/diets/vsk/vegetarian-starter-kit>
- **Handouts/brochures** from the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics (<http://www.vndpg.org>): *Combining Vegetarian, Vegan, and Gluten-Free Diets; Eat More Plant-based Meals; Plant-based Diets in Diabetes; Protein in Vegetarian and Vegan Diets; Therapeutic Use of Vegetarian/Vegan Diets in Chronic Disease; Vegetarian/Vegan Myths*. (Free consumer resources with the same titles are available at <http://www.vegetariannutrition.net>.)
- **The Vegetarian Resource Group:** <http://www.vrg.org>
- **Oldways Vegetarian Network, Vegetarian Diet Pyramid:** <http://oldwayspt.org/programs/oldways-vegetarian-network/oldways-vegetarian-network>
- **Healthy Eating Tips:** Tips for Vegetarians: <http://myplate.gov/healthy-eating-tips/tips-for-vegetarian.html>
- **Mobile Apps:** HappyCow; VegOut; VeganXpress; How to Cook Everything Vegetarian

## Products/Brands

- **Beyond Meat** – uses non-GMO, gluten-free pea protein.
- **Gardein** - offers fishless fish, mini crabless cakes, classic Meatless Meatballs.
- **Tofurky** – offers deli slices, veggie dogs, tempeh bacon, vegan pizza, chorizo-style ground “beef”.
- **Field Roast**- offers vegan sausages, deli slices, roasts, burgers, meatloaf
- **Yves Veggie Cuisine** – offers Vegan Grain Strips with BBQ Sauce, Original Meatless Jumbo Hot Dogs, and Meatless Canadian Bacon, Veggie Brats Classic.
- **Trader Joe’s** – offers a large array of vegan meat products such as Chickenless Crispy Tenders.
- **Lightlife** - offers a variety of vegan meat options, such as The Original Tofu Pups (veggie dogs).
- **Boca Burger** – makes a great veggie burger as well Spicy Chik’n Patties.
- **Sweet Earth Natural Foods** – has seitan, burritos, and veggie burgers, “bacon” and three flavors of vegan ground round.
- **Simply Balanced** - Target’s line of soy-based meatless meat and has 4 varieties: Mushroom Miso Meatless Turkey, Teriyaki Meatless Chicken, Smoky Chipotle Meatless Chicken, and Korean Barbecue Meatless Chicken.
- **MorningStar Farms** – offers a variety of products, Hickory BBQ Riblets.



## Soy



- Soy is rich in vitamins, minerals, calcium, iron, fiber, phytochemicals and protein.
- Studies have found soy can help prevent and improve some of today's top health issues such as heart disease, high blood pressure, osteoporosis, certain cancers; and menopausal symptoms like hot flashes, night sweats, and insomnia.
- Soy foods are popular with vegetarians and vegans who often rely on them for their main source of protein; as soy contains all of the essential amino acids.
- Soy is very versatile and can be eaten as whole beans (edamame) or processed as tofu, tempeh, soy yogurt, miso, soy milk and other soy-based products.

Soy Products	Calories	Protein grams	Fiber grams	Carbs grams
Soy beans: shelled (1 cup)	190	17	8	15
Soy nuts: dry roasted (1oz.)	140	10	5	10
Soy cheese (1 oz.)	42	4	0	2
Soy NF milk (1 cup)	68	6	0	10
Soy yogurt (6 oz)	80	6	2	6
Soy powdered protein: unflavored (1/4 cup)	60	13	0	0
Tempeh (1 oz.)	56	5	1	3
Tofu - firm (1 oz.)	20	2	0	0
soft (1 oz.)	17	2	0	1
silken (1 oz.)	15	1	0	0

### A few types of tofu

- **Firm:** is dense and can be cubed and stir-fried, grilled, scrambled, pickled, smoked, baked, barbecued or served in soups
- **Soft:** is better suited for recipes in which tofu needs to be blended.
- **Silken:** has a creamy structure and is also used in blended dishes.



**Tip:** the more solid the tofu is, the more difficult it can be to infuse with flavor, so choose a brand and texture based on what you are making.



## Vegetables

Vegetable (1 cup cooked)	Calories	Protein grams	Fiber grams	Carbs grams
Artichokes	89	5	14	20
Arugula* (raw)	5	1	0	1
Asparagus	40	4	4	7
Bean sprouts	57	6	1	6
Beet greens	39	4	4	8
Broccoli	55	4	5	11
Broccoli rabe	56	6	5	5
Brussel Sprouts	56	4	4	11
Cauliflower	33	3	3	6
Corn	157	6	4	35
Green peas	133	9	9	25
Kale	36	2	3	7
Mushrooms	44	3	3	8
Okra	35	3	4	7
Mushrooms	44	3	3	8
Spinach	41	5	4	7
Sugar snap peas	67	5	4	11



## Alternative Proteins

Alternative Proteins	Calories	Protein grams	Fiber grams	Carb grams
Hemp powder - 1 Tbsp.	30	3	2	3
Nutritional Yeast - 2 Tbsp.	30	4	4	5
Seitan - 1 oz.	35	4	1	8



## Legumes

Legumes (½ cup cooked)	Calories	Protein grams	Fiber grams	Carb grams
<b>Beans</b>				
Aduki	110	7	5	19
Black	100	7	7	21
Cannellini	90	7	6	18
Fava	90	7	5	17
Garbanzo	75	4	3	11
Great Northern	120	9	6	22
Lima	95	6	6	18
Lupini	100	13	3	8
Mung	112	7	6	20
Navy	110	7	8	19
Pinto	100	6	7	18
NF Refried beans	100	6	5	18
Red kidney	110	7	7	20
<b>Peas</b>				
Black-eyed	90	6	4	16
Split peas	115	8	8	21
<b>Lentils</b>				
	110	9	8	19



## Cheese

Cheese (1oz.)	Calories	Protein grams	Fiber grams	Carbs grams
American	95	5	0	2
Asiago	100	7	0	1
Babybel Cheese, original (1 round)	70	5	0	0
Babybel Cheese, light (1 round)	50	6	0	0
Bleu	100	6	0	1
Cheddar	115	7	0	0
Chevre	102	6	0	<1
Cream cheese – regular	100	2	0	1
Low fat	70	2	0	2
Feta	70	5	0	1
Gouda	110	8	0	0
Havarti	110	7	0	1
Laughing Cow - regular (1 wedge)	50	2	0	1
Laughing Cow - light (1 wedge)	35	2	0	1
Mascarpone	130	1	0	0
Monterey Jack	110	7	0	0
Mozzarella - whole milk	80	6	0	<1
Part skim	71	7	0	1
Nonfat	40	9	1	1
Parmesan	110	10	0	1
Pepper Jack	106	7	0	0
Provolone	100	7	0	1
Ricotta - whole	50	3	0	1
part skim	40	3	0	1
light	30	2	0	2
Swiss	105	7	0	2





## Low Fat Dairy & Eggs

Dairy & Eggs	Calories	Protein grams	Fiber grams	Carbs grams
<b>Cottage cheese</b> (1 cup)				
Nonfat	160	28	0	12
1-2%	180	26	0	10
4%	220	26	0	10
<b>Yogurt</b>				
Greek yogurt: NF, plain (6 oz.)	100	17	0	6
Yogurt: NF, plain (8 oz.)	127	13	0	17
<b>Eggs</b>				
Small	54	4	0	0
Medium	63	5	0	0
Large	72	6	0	<1
Extra large	80	7	0	<1
Jumbo	90	8	0	2
Egg whites (large egg)	16	4	0	0
Egg substitute (1 oz.)	24	4	0	0



**NOTE: the charts represent an average value in all of the categories. Values may differ amongst different brands. Read the labels for accurate values.**