

# High Protein Foods

Most individuals need 60-80 grams of protein per day. After bariatric surgery, it is especially important that you consume this amount of protein to stay healthy.

After your soft food diet phase has ended you will be able to eat 3 meals a day, totaling 800-1000 calories. Each meal should contain approximately 15-20 grams of protein.

Maximize your nutrition! Every food you eat should be packed full of nutrition, not extra fat and sugar!

## High Protein Food Sources

Food Group	Do	Don't
Meat	Turkey bacon, 94% lean ground beef, tuna, grilled chicken breast, Canadian ham, low fat sliced deli meats, low fat hot dogs, white fish (not breaded)	Prime rib, cheese burgers, chicken or turkey wings or legs, liver, salami, roast beef, pepperoni, bacon, bologna, hot dogs, fried chicken, fried fish
Dairy	Eggs, 1 or 2% milk, cheese sticks, low fat yogurt, cottage cheese, ricotta cheese, low fat puddings	Cheese whiz, cheese spread, Velveeta, ice cream, butter, cream cheese, cool whip
Nuts, Seeds, Legumes & Soy	Peanuts, almonds, cashews, walnuts, pistachios, pecans, macadamias, sunflower seeds, pumpkin seeds, nut butters, refried beans, black/pinto/kidney beans	Sugar coated or honey roasted nuts, chocolate covered nuts,
Supplemented foods (foods that are typically low in protein but could have protein added to them.	Protein bars, cereals, breads, Whey protein isolate, pastas, tortillas, Special K protein water,	Pastries, cookies, cakes, doughnuts, biscuits

### Sample High Protein Menu

Breakfast	1 boiled egg, toast and sugar free jelly	6 ounces light yogurt, ½ English muffin	Toast with 1 T natural peanut butter	English muffin with 2 turkey bacon strips and 1 egg
Lunch	Tuna salad sandwich with lettuce, tomatoes and mustard, low sugar fruit cup	Wendy's chili	Turkey sandwich, piece of fruit	Lean Cuisine meal with a meat, starch and vegetable
Dinner	Low fat frozen meal with a meat, starch and vegetable	4 ounce pork, ¼ c sweet potato, ½ c cooked spinach	4 ounce white fish, ¼ c mashed potatoes, ½ c green beans	4 ounces turkey, 1/3 c rice, ½ c cooked carrots
Snacks	Mozzarella stick	Cottage cheese and fruit	Apple and 1 T peanut butter	Protein bar, low sugar