










# Protein Supplement Guidelines Following Bariatric Surgery

- Choose good-quality complete proteins such as whey protein isolate, whey protein concentrates or blends, soy protein isolate and egg-white powder. Many of these brands offer an unflavored powder.
- Plant-based protein supplements should contain soy isolate or a blend of several protein sources such as pea, hemp or brown rice.
- Goals for protein are 20-30 grams per serving (up to 40 grams if needed to meet protein goals)
- Goals for carbohydrates are about 5 grams, with 0 grams of added sugar. Some protein drinks add fiber, which will increase the carbohydrate grams.






	PROTEIN POWDERS	PROTEIN (GRAMS)	CARBS (GRAMS)	FIBER (GRAMS)	CALORIES	WHERE TO BUY
	Bariatric Advantage High Protein Supplement Mix	20	4	1	100	BariatricAdvantage.com
	Bariatric Fusion	27	9	4	150	BariatricFusion.com
	BiPro Elite BiPro Renew	20-23	2	0	140	biProUSA.com
	Body Fortress Super Advanced Isolate Protein	30	2	0	140	Walmart

	Body Tech Whey Protein Isolate	25	2-4	0-1	110	Vitamin Shoppe, Walmart
	Celebrate Rebuild+ Protein + Probiotics	20	7	5	100	CelebrateVitamins.com
	Designer Whey	20	6	3	110	Publix, Target, Trader Joe's, Vitamin Shoppe
	Totally Egg	24	3	0	110	Vitamin Shoppe
	Dymatize *Iso 100, Elite 100% Whey, Clear Powder	25	0-4		90-140	GNC, Sam's Club, Vitamin Shoppe, Walmart
	Equate Whey Isolate	30	3	0	150	Walmart
	Ghost 100% Whey	25-26	2-5	0-1	120-140	GhostLifestyle.com GNC
	GNC Amp Wheybolic	20	3	0-1	100	GNC

	Inspire Pure	20	0-6	0-2	90-130	BariatricEating.com
	Isopure Zero Carb	25	0-2	0	105	Vitamin Shoppe, GNC
	Jay Robb- egg white or whey isolate	24-25	2-4	0.1	110	JayRobb.com Vitamin Shoppe
	Premier	30	2-3	0-1	150	Publix, Target, Walgreens
	Pure Protein	25	8	0	150-160	Target, Walgreens
	Quest	22-26	3-4	1	110	GNC, Target, Walgreens
	Syntrax Nectar Whey Protein Isolate	20-24	0	0	90-100	Walmart, Vitamin Shoppe
	Unjury	21	1-4	0-1	90-110	Unjury.com

	READY TO DRINK	PROTEIN (GRAMS)	CARBS (GRAMS)	FIBER (GRAMS)	CALORIES	WHERE TO BUY
	Boost Max Protein	30	7	2	160	Walmart
	Ensure Max Protein	30	6	2	150	CVS Target Walgreens
	Equate High Performance Protein Shake	30	5	2	160	Walmart
	Fairlife Core Power 26	24-26	6	1	130-160	Walmart
	Lean Shake 25 GNC	25	6	3	170	GNC
	Muscle Milk	25	7	4	160	Sam's club, Walmart Target, Walgreens
	Premier Protein	30	4	1	160	Walmart, Target, Publix
	Pure Protein	35	1-4	1-2	150-170	BJ's, Wholesale Club, Sam's Club, Walgreens
	Unjury	20	2	0	110	Unjury.com

	READY TO DRINK CLEAR LIQUID BRANDS	PROTEIN (GRAMS)	CARBS (GRAMS)	FIBER (GRAMS)	CALORIES	WHERE TO BUY
	Bariatric Advantage	20	0	0	80	BariatricAdvantage.com
	BiPro Protein Water	20	0	0	90	biProUSA.com
	Cocotein	20	5	0	100	GNC, Vitamin Shoppe
	Iso 100 Clear By Dymatize	25	2	0	110	Vitamin Shoppe, AdventHealth Celebration Fitness Center
	Isopure Zero Carb	40	0	0	160	GNC, Vitamin Shoppe
	Premier Clear	20	1	0	90	Walmart, BJ's, Sam's Club, Costco, Target
	Protein 2o	26	0	0	30	Walmart, Target, Publix

	PLANT BASED BRANDS	PROTEIN (GRAMS)	CARBS (GRAMS)	FIBER (GRAMS)	CALORIES	WHERE TO BUY
	Body Fortress	20 Pea, brown rice, hemp	8	4	4	
	Ghost Vegan	20-21 Pea, pumpkin & watermelon seed protein	5-6	1	110-120	ghostlifestyle.com GNC
	Lean Shake Green GNC	25 Pea, brown rice, quinoa, navy bean, chickpea proteins	13	6	180	GNC
	Orgain Organic	21 Pea, rice, & chia seed proteins	15	5	150	CVS, GNC, Publix, Vitamin Shoppe, Target
	Revival Soy With Splenda or Unsweetened	20 Soy protein blend (isolates & concentrates)	4-7	2	100-120	Soy.com
	Sunwarrior Protein Warrior Blend	18 Pea, hemp, goji berry seed	2	1	100	Sunwarrior.com GNC, Vitamin Shoppe
	Vega One All-in-One Protein Powder	20 Pea, alfalfa, hemp & pumpkin seeds	8	4	130	MyVega.com, GNC, Vitamin Shoppe, Walmart