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.

<table>
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<tr>
<th>PROTEIN POWDERS</th>
<th>PROTEIN (GRAMS)</th>
<th>CARBS (GRAMS)</th>
<th>FIBER (GRAMS)</th>
<th>CALORIES</th>
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AdventHealth
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