

Picking a Protein Supplement

There are numerous brands of protein supplements available. When you visit the GNC or The Vitamin Shoppe, the choices can be overwhelming. Each brand has a unique taste and texture. You will likely have to experiment with several types before finding your favorites. It is best to start by purchasing some sample packets, or a smaller container to see what flavor, texture, and type of protein works best for you. Your dietitian will instruct you on some good places to look for samples.

The recommended minimum daily protein intake including food and supplements is a minimum 85-95 grams per day. Initially, with your 2 ounce portions sizes, it will be more difficult to get in the required protein. It will be very important to ensure you are getting at least 50 grams a day of protein from a supplement (men should strive for 50-65g/d) to help meet your daily needs. fruit shake

As your portions gradually increase (more protein is coming from your food) and you are satisfied with your weight loss, you can reduce the protein drinks. It is important that you continue to make sure your daily protein intake remains between 85-95g. It is not uncommon for long term patients to choose to continue using a protein supplement (a few times per week or even one per day) because they report having more energy, easier weight maintenance, and greater satiety. Rule of thumb: If continued weight loss is desired, then 50grams of protein a day in the form of a supplement per day is recommended.

Your Protein supplement must meet the following requirements:

1. Whey Protein

- * A high quality of protein that is well absorbed.
- * Should contain at least 18 of 20 amino acids.
- * Amino acids are listed on the label.

2. Adequate amount of protein per serving

- * Aim for a protein with at least 15-20g of protein per serving.
- * Keep the calories low, less than 250 calories for 20g of protein.
- * If mixing your protein with skim milk, remember to add in the calories and protein from the milk. (90 calories and 8 grams of protein per 8oz.)

3. Low Sugar

- * No more than 3-6 grams of sugar per serving.

4. Avoid meal replacements

* Words such as “nutrition shake”, and “meal replacement” may mean extra calories. Items such as Boost, Glucerna, Slim fast, and Ensure are No-No’s. They provide entirely too many calories and little protein.

Additional Notes:

* Convenience is an issue for many patients. Many protein supplements are available in ready to drink form or packaged in individual packets.

* Choose from a variety of flavors. Since drinking these supplements is an ongoing recommendation you do not want to get “burnt-out” on any one flavor or type.

* Check the return policy. Most places will allow you to return the product (even after opened) if you can not tolerate the product.

* If you are allergic to whey protein (it is rare), you can try egg, or soy protein. Please be sure to mention your condition to your dietitian.

* Mix your protein to taste. If the label instructs you to mix with 8oz of water and you are having problems getting that volume down, it is okay to reduce the water to taste. The same goes for increasing the water/milk. Make these drinks so that you enjoy them.

* If you are allergic to aspartame, please read the labels. There are several brands that are aspartame free. Your dietitian can help you find a protein that will work for you.

* Protein can be frozen! Some of our patients enjoy making their shakes, and pouring them into ice cube trays to freeze. Once frozen they will eat them as a slushy type texture.

* Protein can not be heated above 130 degrees F. This means if you are planning to add your protein to a hot beverage or soup you must let the liquid cool to a warm 130 degrees. Temperatures above this will cause the protein to clump.

Some Mixing Ideas

The following is a list of items our patients have found helpful and tasty when mixing protein. Also refer to the protein drink recipes included in this section for additional ideas.

- * Instant decaf coffee
- * 1 tsp smooth peanutbutter
- * Sugar-Free Nestle Quick
- * Hershey’s unsweetened cocoa
- * Unsweetened Frozen or fresh fruit
- * Sugar Free Extracts (pepper mint, almond, coconut, pineapple, rum, vanilla)
- * Sugar-Free flavored syrups
- * Spices (cinnamon, nutmeg)

Protein Bars

protein bar Sometimes protein bars can provide a much needed change in your protein routine. They are not meant to be used every day, but, occasionally, they are okay to add variety or in an emergency. Protein bars typically contain a blend of protein types, unnecessary vitamins and minerals and can cost significantly more. They vary in size and protein grams. Some bars are small enough to be consumed in one sitting; however, most are too large and contain too many calories. Therefore they must be divided throughout the day. Protein bars are solid foods, so the 30/30 fluid rule still applies. Much like the above mentioned powdered protein, there are many varieties to try and each will have a distinct taste all its own. It is important that you continue to read the labels and follow the same guidelines you would for drinkable proteins.

Daily Vitamin and Mineral Guidelines

Once you are ready for surgery your dietitian will develop a vitamin and mineral regime that is specific for your needs. The following is a list of potential vitamin requirements, you may or may not have to supplement with the entire list.

Multivitamin

- * The daily requirements are 2 per day required for gastric bypass, and 1 per day for banding patients.

- * Choose a brand that contains both, iron and vitamin K.

- * Due to the large size of multivitamins, it is recommended that you chose a chewable.

- o Centrum adult chewable

- o Centrum silver chewable

- o The daily requirement for calcium intake is 1200-1500mg. This level is important to maintain in order to prevent osteoporosis.

- o Calcium citrate is the most appropriate type of calcium for weight loss surgery patients. Citrate is easily absorbed and is not required to be taken with food. **DO NOT PURCHASE CALCIUM CARBONATE.**

- o Our bodies can only absorb 500-600mg of calcium at one time, therefore calcium supplementation must be spread out over the day.

- o Vitamin B-12 is used to increase energy and boost metabolism.

- o B-12 comes in a sublingual (dissolve under the tongue) form.

- o Recommended dose is 500mcg/day or, 1000mcg/every other day, or 5000mcg/week.

- o Only required for Gastric Bypass Patients.

- o Taken once daily and it provides a combination of all B vitamins.

- o After a bypass, your body does not absorb all B vitamins, therefore this is a very important supplement that must be taken daily.

- o Typically only needed for menstruating women, or patients with a history of anemia.

- o Every patient's blood work will be reviewed by the dietitian prior to surgery to determine if there is need for supplemental iron.

o Iron is best absorbed in the presence of Vitamin C. Many over the counter iron supplements contain vitamin C, such as Vitron-C.

o Taken only on an as needed basis.

o Papaya Enzyme is a natural meat tenderizer that aids in breaking down foods that gets caught or feels stuck after swallowing.

Calcium Citrate

Vitamin B-12 (Cobalamine)

B-Complex (B-50)

Additional Iron

Papaya Enzyme