

A collage of various protein-rich foods including salmon, cheese, eggs, nuts, and legumes, with a chalkboard that says "Protein".

**“BARIATRIC MACRO-FRIENDLY:
HIGH PROTEIN
MEAL & SNACK IDEAS”**

Introducing simple and delicious ways to hit your protein goals each and every day!



Your Host...

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Bariatric Nurse

Certified Life Coach and Speaker

Certified Healing Touch Practitioner

Bariatric Advocate

Bariatric Patient - VSG 6/2012





WHY IS PROTEIN IMPORTANT AFTER SURGERY?

- Helps with tissue healing
- Supports muscle mass during weight loss
 - Increases satiety
- Can help assist with weight loss



*Note protein content varies among cuts of meat - numbers are meant to be a generalization



Chicken

128 calories
26 grams



Beef

197 calories
21 grams



Shrimp

84 calories
20 grams



Pork

116 calories
17 grams



Salmon

177 calories
17 grams



Lobster

65 calories
14 grams

LEAN MEAT *per* 3 ounce serving

So how do you determine which meats are the most "lean"?

- Look at the lean percentage, fat and calorie content
- Look for the words "loin" or "round"
- Visibility of fat





MEAL PREPARATIONS

Planning for the week ahead can help you stay on track with your goals!

Cook Your Proteins Ahead of Time

Some healthier cooking methods include - Grilling, Baking, Stir Frying and Air Frying.

Buy Pre-Cooked Meats

Check out your local grocery store's deli section for rotisserie chicken, turkey breast, seafood, and much more.

Purchase canned meats - tuna, chicken, and crab

Utilize A Meal Delivery Service

Having your meals shipped straight to your door can help you to save time and can make eating healthier more convenient.





FAST FOOD TIPS AND TRICKS

- Opt for grilled, roasted, baked over deep-fried or "crispy"
- Ask for sauces and dressings on the side
- Be aware of your portion sizes
- Put your fork down between bites to slow your eating



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Plain Nonfat Greek Yogurt
10.2 grams



Cottage Cheese
11.1 grams



Cheese
22.9 grams



Cream Cheese
6.2 grams



Skim Milk
3.4 grams



Sour Cream
2.4 grams

DAIRY *per* 3 $\frac{1}{2}$ ounce serving



Dairy sources have two types of protein available -
Whey and Casein



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NUTS AND SEEDS

(1 ounce or 28-30 grams)

Walnuts: 4.5 grams

Almonds: 6 grams

Cashews: 4.5 grams

Chia Seeds: 6 grams

Flaxseeds: 6 grams

Hemp seeds: 9.5 grams

Sunflower seeds: 5.5 grams

Pumpkin seeds: 8.5 grams



LEGUMES

(1/2 cup canned or 80-93 grams)

Black beans: 8 grams

Pinto beans: 7 grams

Chickpeas: 7.5 grams

Kidney beans: 8 grams

Lentils: 8 grams

Peas: 8 grams



SOY PRODUCTS AND VEGAN MEATS

(Similar serving sizes)

Tofu: 4 grams *(3 ounces or 85 grams)*

Tempeh: 13 grams *(3/4 cup or 100 grams)*

Seitan: 19 grams *(3 ounces or 100 grams)*

Beyond Meat Meatballs: 20 grams *(5 total, 100 grams)*

Impossible Burger: 19 grams *(1 patty, 113 grams)*

VEGAN PROTEIN SOURCES



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FRUITS AND VEGETABLES

(Similar serving sizes)

Broccoli: 2.5 grams (1 raw cup or 90 grams)

Sweet potato: 2 grams (1 medium = 150-grams)

Artichoke: 3 grams (1 small veggie, 90 grams)

Spinach: 2 grams (3 raw cups = 85 grams)

Banana: 1.5 grams (1 fruit, 125 grams)

Blackberries: 2 grams (1 cut = 145 grams)

Guava: 4.5 grams (1 cup = 165 grams)



NONDAIRY MILK

(1/2 cup or 240 ml)

Soy milk: 6 grams

Pea milk: 6 grams



GRAINS

(1/2 cup cooked or 100-126 grams)

Quinoa: 4.5 grams

Brown rice: 3 grams

Amaranth: 4.7 grams

Millet: 3.5 grams

NOTE: BLUE GREEN ALGAE

Spirulina Powder (1 serving) = 6.6g protein



High Protein Snack Ideas



Hard boiled eggs



nut butter



Chickpeas



Jerky or meat sticks



LINK TO OSTRIM!



Mixed nuts



High Protein Snack Ideas



Protein Supplements

[LINK TO PROTEINS!](#)



Your favorite Protein Bar

**Check Pharmacy Section*

5 Packets



Protein Shots

[LINK TO LIQUACEL](#)



[LINK TO PROCEL](#)



Unflavored Protein Powder



Protein Collagen

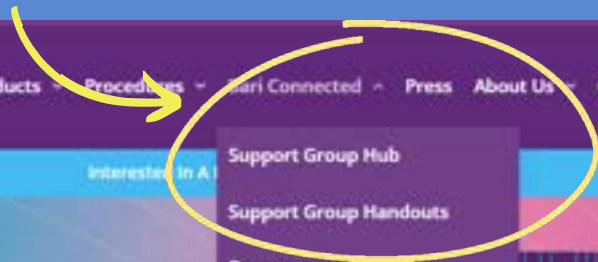
[LINK TO COLLAGEN](#)



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NEW PROTEIN POWDER

- ◆ Exclusive Immunity Blend
- ◆ 1g of Carbs, 110 Calories Per Serving
- ◆ Added Electrolytes
- ◆ 26g of Whey Isolate Protein

SHOP NOW



RESOURCES

American Dairy Association (2021) "Dairy Protein - Everything You Need to Know. Aquired on web 6 / 12 / 23. <https://www.americandairy.com/dairy-diary/dairy-protein-everything-you-need-to-know/>

Nutritionix (2017) "Which Dairy Products Have the Most Protein". Aquired on the web 6 / 12 / 23. <https://www.nutritionix.com/list/which-dairy-products-have-the-most-protein/O5reDj>

