

Protein Supplements





To meet your protein needs and avoid dumping syndrome after surgery, look for supplements that contain the following per serving:

- 20-30 grams of protein
- Less than 5 grams of total fat
- Less than 10 grams of sugar

Notes:


- Be aware of caffeine in coffee flavored protein supplements. Caffeine should be avoided for the first 6 weeks after surgery
- Mix protein powders with Skim/low fat milk, unsweetened milk alternatives for improved flavor and more protein
- Unflavored protein powders may be added to foods to help boost protein intake
- Collagen protein is not a complete source of protein and should not be used as your only source of protein

Below are options that fit these recommendations, availability and flavors are subject to change.

	Protein Supplement	Amount	Grams of protein	Flavor options
Premade				
	Premier Protein Shake	11-11.5 oz	30	Chocolate, Vanilla, Caramel, Café Latte, Chocolate Peanut Butter, Cake Batter Delight, Cookies & Cream, Strawberries & Cream, Bananas & Cream, Peaches & Cream, Cinnamon Roll
	Fairlife Nutrition Plan (Lactose Free)	11.5 oz	30	Chocolate, Vanilla, Strawberry, Salted Caramel
	Core Power by Fairlife Protein	14 oz	26	Chocolate, Vanilla, Strawberry Banana
	Equate High Performance	11 oz	30	Vanilla, Caramel, Chocolate

	Protein Supplement	Amount	Grams of protein	Flavor options
	Pure Protein Shake	11 oz	30	Chocolate, Vanilla, Strawberry, Chocolate Peanut Butter, Salted Caramel
	Ensure Max Protein	11 oz	30	Chocolate, French Vanilla, Strawberry, Peach, Cherry Cheesecake, Café Mocha
	Boost Max	11 oz	30	Chocolate, Vanilla
	Orgain Clean Protein Orgain Organic Protein Plant Based	11 oz	20	Chocolate, Vanilla
	Orgain Organic Protein	14 oz	26	Chocolate
	Muscle Milk Genuine	11-14 oz	25	Chocolate, Vanilla, Banana Creme, Cookies and Cream, Strawberries 'n Creme
	MM Zero (Muscle Milk)	11 oz	20	Chocolate, Vanilla, Strawberry Banana,
	Atkins Plus	11 oz	30	Chocolate, Vanilla
	Aloha (planted based)	12 oz	20	Chocolate, Vanilla, Coconut, Iced Coffee

	Protein Supplement	Amount	Grams of protein	Flavor options
Powders				
	Dymatize Iso100	1 scoop	25	Chocolate, Vanilla, Strawberry, Chocolate Peanut Butter, Fudge Brownie, Cookies & Cream, Fruity Pebbles, Pebbles Birthday Cake, Cocoa Pebbles, Dunkin' Mocha Latte, Dunkin' Cappuccino
	Ghost Whey	1 scoop	25-26	Chocolate, Cereal Milk, Cinnabon, Peanut butter cereal milk, Fruity Cereal Milk, Coffee Ice Cream, Marshmallow Cereal Milk, Oreo, Nutter Butter, Nutter Butter Chocolate, Chips Ahoy, Coconut Ice cream,
	Isopure Zero/Low Carb	1 scoop	25	Vanilla, Chocolate, Chocolate Peanut Butter, Cookies & Cream, Strawberries & Cream, Toasted Coconut, Vanilla salted caramel, <i>Unflavored</i>
	Body Fortress Super Advanced Whey Protein OR Isolate Protein	1 scoop	30	Vanilla, Chocolate, Strawberry, Chocolate Peanut Butter, Cookies N' Crème
	Pure Protein	1 scoop	25	Vanilla, Chocolate
	Unjury Protein	1 scoop	21	Chocolate, Vanilla, Strawberry Sorbet, Moonbeam Mist, Cherry Cola, Root Beer, <i>Unflavored</i>
	Orgain Grass Fed Whey	2 scoops	21	Chocolate, Vanilla
Non-Whey Based Options				
	Isopure Plant- Based	1 scoop	20	Chocolate, Vanilla, <i>Unflavored</i>
	Planted from Unjury protein	1 scoop	20-23	Chocolate, Banana Nut, Cinnamon Donut, <i>Unflavored</i> (Online only, www.unjury.com)
	Vega Essentials OR All-in-One OR Real Food Smoothie	1 scoop	20	Vanilla, Chocolate, Mocha, Berry, Chocolate Mint, Coconut Almond, Chocolate Peanut Butter, Tropical Green Paradise, Wild Berry Bliss, <i>Unflavored</i>
	Orgain Organic Protein	2 scoops	21	Chocolate, Vanilla, Chocolate Coconut, Chocoalte Caramel Sea Salt, Chocolate Peanut butter, Iced Coffee, Cookies 'n cream, Strawberries & cream, Fruity Cereal, Churro Caramel Swirl, Horchata, Chai Latte, Vanilla Horchata, <i>Natural unsweetened</i>

	Protein Supplement	Amount	Grams of protein	Flavor options
Clear Options				
	Protein 20	16.9 oz or powder packet	15-20	Peach Mango, Dragon Fruit Blackberry, Wild Cherry, Grape, Orange Mango, Strawberry Watermelon, Mixed Berry, Tropical Coconut, Strawberry Banana
	Gatorade Zero with Protein	16.9 oz or powder packet	10	Fruit Punch, Glacier Freeze, Glacier Cherry
	Isopure	16 oz	32	Alpine Punch, Apple Melon, Blue Raspberry, Grape, Lemonade, Green Tea Lemon
	Isopure Infusions	1 scoop	20	Citrus Lemonade, Mango Lime, Mixed Berry, Pineapple Orange Banana, Tropical Punch, Watermelon Lime
	Premier Protein Clear	16.9 oz	15	Tropical Punch, Peach
Soup Options				
	Unjury Protein Soup	1 scoop or 1 packet	21	French Onion Soup, Chicken Soup, Beef & Herb (Online only, www.unjury.com)
	Bariatric Advantage	2 scoops or 1 packet	27	Chicken
Mini Option				
	LiquaCel	1 oz.	16	Apple, Grape, Orange, Peach Mango, Watermelon, Ginger Ale, <i>Unflavored</i>