

Protein requirements following bariatric surgery

This information has been developed by bariatric dietitians and provides dietary advice about protein requirements following bariatric surgery. If you have any further questions or concerns, please do not hesitate to contact the nutrition and dietetics department (contact details given at the end of this leaflet).

Weight reduction following bariatric surgery

You are currently on a weight reduction diet and will have been given specific guidance following bariatric surgery. As part of this, it is important that you reduce your overall calorie intake, resulting in a sustained weight loss. However, if your diet is not properly balanced, nutrition-related complications such as protein deficiency can arise.

The role of protein on a weight reduction diet

Protein is a nutrient found in certain foods. It is used in the body to help with growth, maintenance and tissue-repair. Muscle is made up of protein, so rapid weight loss or insufficient intake of protein can lead to loss of muscle, leading to loss of strength and impaired exercise tolerance. The aim of the weight reduction diet is therefore to lose weight whilst maintaining normal muscle stores. For this reason, it is important to learn about good sources of protein to ensure your protein requirements are met.

About this booklet

This booklet lists a range of foods that are rich in protein. The foods are listed as average portion sizes and both the protein and calorie content are supplied to help you make suitable choices that fit in with your diet. You should aim to have 60g of protein per day.

High protein food list

Meats

Description of food	Approximate portion size	Weight	Protein	Calories
Chicken or turkey breast	2 average slices (without skin)	80g	20g	120kcal
Lean beef	2 slices	60g	18g	106kcal
Lean lamb	2 slices	60g	18g	130kcal
Lean lamb chop (with bone)	1 chop	120g (edible portion 70g)	21g	150kcal
Lean ham	2 slices	80g	24g	160kcal
Chicken livers	¼ cup	35g	7g	45kcal
Lean minced meat (beef, lamb, pork, turkey)	3 dessert spoons	100g	22g	180kcal
Bacon (lean)	1 rasher	25g	6g	70kcal

Fish

Description of food	Approximate portion size	Weight	Protein	Calories
Tuna (canned in brine or water)	1 small tin	100g	24g	100kcal
White fish (cod, haddock etc)	1 fillet	150g	36g	140kcal
Mackerel (smoked)	1 fillet	125g	30g	380kcal
Mackerel (canned in brine)	1 tin	125g	16g	200kcal
Sardines (canned)	1 tin	120g	20g	206kcal
Salmon (canned)	1 small can	100g (approx)	19g	215kcal
Smoked salmon	3 thin slices	50g	11g	72kcal
Salmon fillet	1 fillet	140g	25g	300kcal
Pilchards in tomato sauce	1 small can	100g	18g	144kcal
Prawns	1 cup	75g	11g	80kcal
Mussels	1 cup	85g	10g	80kcal

Dairy products

Description of food	Approximate portion size	Weight	Protein	Calories
Milk (semi skimmed or skimmed)	1 glass	200ml	7g	100kcal semi 70kcal skimmed
Diet light yoghurt	1 small pack size pot	125g	6g	80kcal
Low fat natural yoghurt (less than 2% fat)	1 small pot	150g	9g	90kcal
0% Greek style yoghurt	'Total' small pot size	170g	15g	100kcal
2% Greek style yoghurt	'Total' small pot size	170g	14g	125kcal
Skyr™ yoghurt	1 pot	150g	13.7	110kcal
Alpro™ soya Greek yoghurt	1 pot	150g	7.2g	124.5kcal
Low fat custard	1 pot	150g	6g	134kcal
Low fat rice pudding	1 pot	150g	5g	136kcal
Skimmed milk powder	1 dessert spoon	6g	5g	21kcal
Egg	medium	60g	8g	88kcal
Egg	large	65g	9g	95kcal
Egg	extra large	73g	10g	107kcal
Cheddar cheese (low fat)	match box size	30g	10g	94kcal
Cheddar cheese and other white or hard cheese (Cheshire, Lancashire)	match box size	30g	8g	123kcal
Low fat cottage cheese	1/3 of a 300g tub (2 heaped tablespoons)	100g	13g	78kcal
Cottage cheese	1/3 of a 300g tub (2 heaped tablespoons)	100g	12g	110kcal
Dairylea light™	1 triangle	18g	3g	26kcal
Dairylea™	1 triangle	18g	2g	43kcal
Quark	1 dessert spoon	50g	6g	35kcal
Low fat cheese spread	1 dessert spoon	50g	8g	77kcal
Cheese spread	1 dessert spoon	50g	6g	123kcal
Babybel light™	1 mini Babybel	20g	5g	42kcal
Mozzarella	¼ of a ball	30g	6g	74kcal

Dairy products (continued)

Description of food	Approximate portion size	Weight	Protein	Calories
Gouda	match box size	30g	8g	109kcal
Brie/ camembert	match box size	30g	6g	90kcal
Danish blue/ stilton	match box size	30g	5g	100kcal

Beans and pulses

Description of food	Approximate portion size	Weight	Protein	Calories
Baked beans	½ can	200g (approx)	10g	151kcal
Tofu / bean curd	½ average pack size	100g	8g	73kcal
Kidney beans	3 tablespoons	100g	5g	100kcal
Chickpeas	3 tablespoons	100g	7g	121kcal
Lentils (cooked)	1 cup	50g	16g	52kcal
Lentil soup	1 can	400g	8g	190kcal

Nuts

Description of food	Approximate portion size	Weight	Protein	Calories
Peanuts	40 nuts	50g	14g	282kcal
Almonds	25 nuts	50g	10g	306kcal
Brazil	15 nuts	50g	7g	341kcal
Cashew	50 nuts	50g	10g	306kcal
Hazelnuts	50 nuts	50g	7g	325kcal
Macadamia nuts	30 nuts	50g	4g	374kcal
Pecans	8 nuts	50g	5g	345kcal
Pistachios (shells on)	45 nuts	50g	7g	300kcal
Walnuts	15 halves	50g	8g	344kcal
Sesame seeds	2 tablespoons	4g	4g	300kcal
Sunflower seeds	2 tablespoons	32g	6g	290kcal
Pine nuts	3 tablespoons	30g	4g	344kcal
Tahini paste	1 heaped teaspoon	19g	4g	300kcal
Peanut butter	2 tablespoons	32g	7g	300kcal

Quorn™ (a low-fat, high-protein vegetarian meat substitute)

Description of food	Approximate portion size	Weight	Protein	Calories
Chicken style pieces	1/3 frozen bag	100g	14g	103kcal
Sausages	1 sausage from 250g (6 pack)	40g	5g	70kcal
Sausages (Cumberland style)	1 sausage from 300g (6 pack)	50g	7g	86kcal
Mince	1/3 frozen bag	100g	14g	94kcal
Family roast	1/5th of roast (pack size 454g)	90g	14g	96kcal
Peppered steak	1 steak (2 pack)	100g	11g	107kcal
Quarter pounder	1 quarter pounder (2 pack)	113g	20g	157kcal
Bacon style rashers	1/4 of a 150g pack	40g	5g	76kcal
Lemon and black pepper escalopes	1 escalope (2 pack)	110g	11g	249kcal

Supplements

Description of food	Approximate portion size	Weight	Protein	Calories
Meritene™ shake	1 sachet mixed with 200ml semi skimmed milk	n/a	9g	107kcal
Meritene™ soups	1 sachet mixed with 150ml water	n/a	7g	207kcal
Complan™	1 sachet (57g) mixed with 200ml semi skimmed milk	n/a	16g	340kcal
Slimfast™ (ready to drink)	1 bottle	325ml	15g	211kcal
Slimfast™ powder	36.5g with 200ml skimmed milk	n/a	14g	230kcal
Vegan Slimfast™	4 scoops and 250ml water	n/a	21.2	220kcal
Arla Protein drink™	n/a	500mls	22.5g	265kcal
Protein water	n/a	500ml	30g	127kcal
UFIT protein drink™	310	310	22.4	166kcal
Precision whey protein™	27grams added to water or milk	27	20.2	101kcal

Contact us

If you have any questions or concerns, please contact the bariatric dietitians,
e: bariatricdietitians@gstt.nhs.uk

Address: Department of Nutrition and Dietetics, 1st Floor Tower Wing, Guy's Hospital, London SE1 9RT

Alternatively, call us on **t:** 020 7188 4128 (Monday to Friday, 9am-5pm). In case of emergency please call NHS 111

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111 **w:** www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

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t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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