

PROTEIN and the Lap Band

Protein is an essential nutrient that comes from some of the foods you eat. Most people eat more protein than they need. When you have a lap band you eat less food and need to make sure you are meeting your protein requirement. Women need a minimum of 50 grams and men need a minimum of 70 grams of protein per day. Protein helps build muscle, prevent muscle breakdown with weight loss and helps in the healing process after surgery. Protein also takes longer to digest and will help keep you full for a longer period of time. Protein will stay above the band longer and prevents you from eating too much from the other food groups. Try to include protein with every meal and snack.

Sources of protein:

FOOD	Amount	Protein
Meat/Poultry/Fish	1 ounce	7
Egg	1	7
Peanut Butter	1 Tablespoon	7
Nuts	1 ounce	6
Dried beans & peas	¼ cup	4
Tofu	1 ounce	6
Cheese	1 ounce	7
Milk/Yogurt	8 ounces	8
Greek Yogurt	6 ounces	14
Bread	1 slice	3
Pasta/rice	½ cup	3
Fruit	1 small fruit	0
Vegetables	¼ cup	1
Fats (oil, margarine, butter)	1 tsp	0
(mayo, dressing)	1 Tbsp	0
Dry milk powder	¼ cup	11

Supplements:

Our general guideline for supplements is at least 15 grams protein, less than 20 grams carbohydrate and less than 5 grams of fat per 8 ounces.

Supplement	Amount	Calories	Carbohydrate	Protein	Fat
Carnation Instant Breakfast (made with skim milk)	8 ounces	150	24	13	.5
Atkins	1 can	160	3	15	9
Unjury	8 ounces	80	0	20	0
Isopure	6 ounces	60	0	15	0
Weight Watchers	1 packet	190	13	15	.5
K2O	1 bottle 16 ounces	50	8 (5 grams fiber)	5	0
Bariatric Advantage	1 scoop	150-160	8 (5 grams fiber)	27	1.5-2

Protein Bars

This is just a comparison of popular brands. They are not all necessarily good choices. As shown below, protein bars can be very high in calories and fat. Try to limit their use. Have bars on hand to replace meals or snacks when on the run or when you do not have other healthy food available. They are certainly much better than choosing “junk food.” The fiber bar is listed because many patients have been using these as protein bars, yet they are very low in protein.

Bar	Calories (Kcal)	Carbs- grams (grams of sugar)	Fiber- grams	Protein- grams	Fat- grams
Balance	210	23 (14)	<1	15	6
Kashi- Go Lean	290	45 (31)	6	13	6
Glucerna	150	25 (3)	1	6	4
Nashua Nutrition- Protithin Crispy	130	14(7)	3	15	2.5
Fiber one- original	140	29(10)	9	2	4
Fiber one- 90 Kcal	90	17(5)	5	1	2
Luna	180	25(10)	4	9	6
Zone	210	25(15)	3	15	6
Atkins	220	27(15)	12	17	9

