

BayChoice Bariatric Center
 Dr. Ken Hollis
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| Food Item | Portion | Protein grams | Calories | Fat |
|--------------------------------|-----------------|---------------|----------|-----------|
| Beef Jerky | 1 oz | 11-13 | 80 | 1-4 grams |
| Beef Brisket | 3 oz | 25 | 206 | 11 |
| Beef- ground | 3 oz | 21 | 140 | 5 |
| Beef- sirloin steak | 3 Oz | 26 | 166 | 6 |
| Chicken- dark, no skin | 3 oz | 23 | 174 | 8 |
| Chicken- white, no skin | 3 oz | 26 | 147 | 4 |
| Cottage Cheese- low fat | ½ cup | 16 | 101 | 2 |
| Cottage Cheese- no fat | ½ cup | 13 | 61 | 0 |
| Egg Substitute | ½ cup | 8 | 53 | 2 |
| Egg Whites | 2 egg whites | 7 | 32 | 0 |
| Eggs | 1 egg | 6 | 78 | 5 |
| Fish Fillet- broiled, baked | 3 oz | 21 | 100 | 1 |
| Milk- skim | 8 fl oz | 8 | 83 | 0 |
| Pork Chop | 3 oz | 24 | 139 | 4 |
| Shellfish | 3 oz | 18 | 84 | 1 |
| Tuna- water packed | 3 oz | 22 | 99 | 1 |
| Turkey hot dog | 1 link | 8 | 134 | 10 |

Acceptable Protein Drinks:

Unjury (vanilla, chocolate, strawberry), chicken soup- available in our office- this is a high quality supplement designed for the pre and post-surgical nutritional needs of the bariatric patient.

Optifast- liquid diet program- ask our staff about this physician designed formula for pre-op diet control.

If you are unable or unwilling to purchase protein drinks from our office the following are acceptable alternatives.

- Myoplex Shakes, Smoothie King Gladiator High Protein/Low Carb, True Results protein powder
- Muscle Milk Lite, EAS Myoplex Low Carb/Lite, Isopure, Nectal (available at Walmart, Kroger's- protein vary from 17-42 grams per shake)

Protein Powdered Mixes: A good protein drink should have the following nutrients per serving:

→20 grams of protein per scoop/serving

↔ 7 gram or less of carbohydrate/sugars per scoop/serving

→5 gram or less of fat per scoop/serving

Acceptable Calorie-Free Liquids

- Water, Crystal Lite, AquaCal, Sugar Free Kool-Aid, Minute Maid Light
- Broths/Soup Base: Chicken, beef, vegetable
- Coffee, tea: use sugar substitute, or nothing at all, to your taste
- Sugar-Free Popsicles, Sugar-Free Jello
- V8 Juice
- Anyh water-based noncarbonated drink that has less than 10 calories per serving and less than 2 g sugars.

Multivitamins: You will need to take a chewable vitamin before and after surgery. Our office sells specific chewable bariatric designed vitamins. If you opt not to purchase the vitamins through our clinic the following are acceptable:

- Flintstones Complete, Centrum Junior, Adult Chewable Centrum- read the label for dosages- usually 1-2 per day.

- **Calcium Citrate with Vitamin D- chewable or liquid format: 1000-1500 mg per day, take separately from the multivitamins, read label for dosage.**