

## Protein after Bariatric Surgery

*Why is protein vital after bariatric surgery?*

Protein is essential in maintaining and building lean muscle mass. Without a higher protein intake, muscle loss can occur rapidly while in the weight loss phase. If consuming adequately balanced meals, muscle loss is little to none and weight loss comes mostly in the form of fat loss. It is important to consume proteins that are complete proteins, meaning that they contain all the essential amino acids that are necessary for building muscle. Our bodies cannot produce essential amino acids, so we must get them through food. All animal-based proteins are complete proteins, as well as a few plant-based proteins. Some examples of complete plant-based proteins include quinoa, tofu, edamame, chia seeds, and hemp seeds. General recommendations for Americans are for protein to comprise 10-35% of overall caloric intake. After bariatric surgery, typically the protein goal is at the higher end of the above range. Protein goals may also vary by age, gender and certain health conditions. Are you curious how much protein you should consume each day? Reach out to our Registered Dietitian for personalized goals.

### HIGH PROTIEN SNACK IDEAS



## Technology Spotlight

*Interested in a calorie tracking app?  
See comparisons of popular apps  
below.*



### **Baritastic**

Price: free

Pros: free barcode scanning, water tracking, bowel movement tracking, simple and easy to use, created specifically for bariatric patients, nutrition report available, great recipes available

Cons: difficult to create a recipe, some inaccuracies with items in database, too simple for some patients

Connect to our program!  
Code: 29252

### **Cronometer**

Price: free for basic version, 55\$/year for premium

Pros: can create a recipe, verified database of foods, includes tracking of 82 micronutrients, free barcode scanner, 7 day nutrition report, recipe importer for paid version

Cons: smaller food database, not specific to bariatrics, custom macros for paid version only

### **MyFitnessPal**

Price: free for basic version, 80\$/year for premium

Pros: exercise tracking connected with phone, large food database but users can add food into database

Cons: no barcode scanning w/ free version, not specific to bariatrics, custom macro tracking w/ paid version only, no nutrition report available with free version