

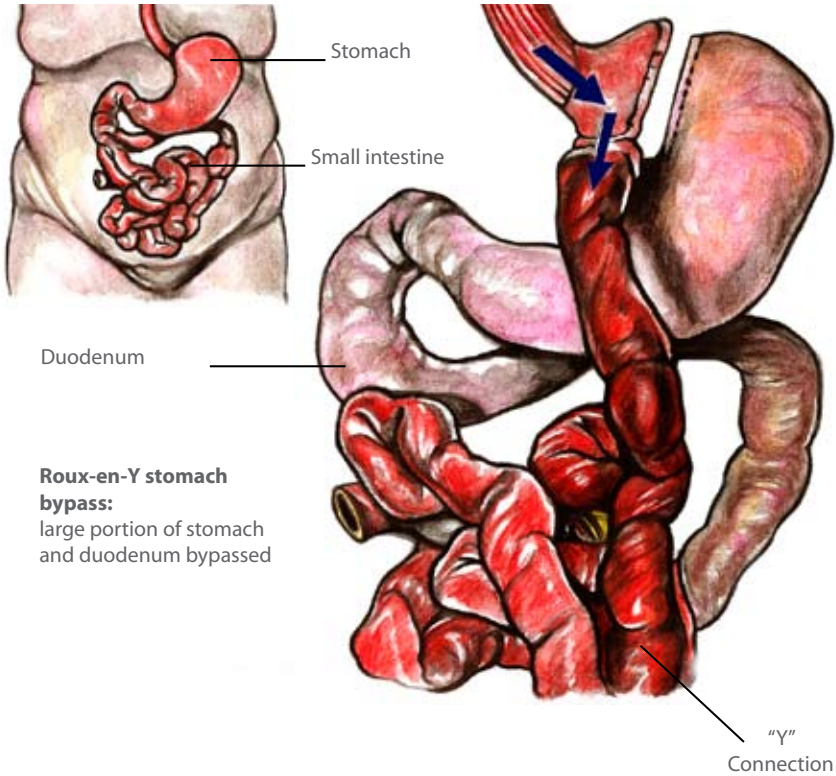
NUTRITIONAL GUIDELINES

AFTER GASTRIC BYPASS SURGERY



South Miami Hospital

Nutritional Guidelines After Gastric Bypass Surgery



Patient Name

Dietitian

Contact Number

Date

Nutritional Guidelines After Gastric Bypass Surgery

NOTE: The following information provides general nutrition guidelines. ALWAYS consult your surgeon and/or registered dietitian before making any changes to your diet.

Gastric Bypass Surgery (GBS): Why It Works.

"A normal stomach that can stretch to the size of a football is reduced to the size of an egg that can hold only a few tablespoons of food."

Source: Tufts University Health & Nutrition Letter

1. It is restrictive:

- Your stomach has been reduced to the size of a golf ball, or a small egg; it holds 1-2 ounces of food or liquid.
- This will cause you to feel full faster and initially have a reduced caloric intake (less food intake) of approximately 400-600 calories per day.

2. It causes poor absorption (digestion) of:

Simple sugars (candy, table sugar, fruit juices with added sugar, desserts made with sugar, etc). If these foods are consumed, you may experience:

Dumping syndrome – When high-sugar foods move too quickly from the new stomach (pouch) into the small intestine, you may feel:

- Sweating
- Nausea
- Fainting-feeling
- Diarrhea
- Rapid heart beat

SHORT-TERM GOALS AFTER GBP SURGERY:

- Maximize food tolerance by paying close attention to **diet progression** (for example, clear liquids versus full liquids).
- Prevent protein, vitamin and mineral deficiencies by taking appropriate supplements.
- Identify the difference between feeling full/satisfied versus feeling hungry.
- Minimize potential side effects such as nausea, vomiting and diarrhea.

LONG-TERM GOALS AFTER GBP SURGERY:

- Prevent malnutrition by taking vitamin and mineral supplements daily.
- Achieve weight loss by behavioral modifications and following a healthy meal plan.
- Assure good nutritional status with routine blood tests.
- Promote good health by including routine exercise, which is necessary to maintain weight loss.

Find what works for you!

Potential Side Effects after Surgery

NAUSEA	<ul style="list-style-type: none">• Common after any surgery including gastric bypass.• May occur as a result of overeating or eating too fast, which may lead to vomiting.• 5-6 small meals including protein supplementation is your goal.• At times, eating will help your nausea (assuming you haven't overeaten already).
DIZZINESS	<ul style="list-style-type: none">• Caused by drinking less fluid than your body is used to taking in.• First relax, then sit or lie down until it passes.• Remember that it is temporary. As fluid intake increases and your body adjusts to the new you, dizziness and most side effects should diminish.• Carry a water bottle or sugar-free beverage to sip on throughout the day between meals.
DUMPING SYNDROME (DS)	<ul style="list-style-type: none">• May occur 15-30 minutes after eating food containing sugar, and may reoccur 1-2 hours after eating.• The food reaches your empty pouch and passes rapidly into the intestines (drawing water from your body along the way).• You may look pale, begin to sweat and feel your heart beating very fast. Nausea, vomiting and diarrhea may follow.• As always, first relax, then lie down 20-30 minutes after meals to help prevent dumping.• Avoid liquids with meals. Consume liquids 30-60 minutes before and after meals.• Eat slowly, taking small bites of food at a time. Also, chew food very well until it liquifies in your mouth.• Use small utensils or teaspoons to promote slow eating.• Room temperature liquids may be better tolerated than cold or hot beverages.
LACTOSE INTOLERANCE	<ul style="list-style-type: none">• Milk sugar is called <i>Lactose</i>. Begin using small amounts of milk and milk products slowly to determine tolerance.• Lactose-free milk or soy milk can be used as a substitute.• Dried fat-free powdered milk is usually very well tolerated and can be added to food and beverages to increase protein content.• Symptoms include gas, abdominal cramps and diarrhea.

NUTRITION PROGRAM

FOR LONG-TERM SUCCESS AND MAXIMUM WEIGHT LOSS

The selection of foods for your nutrition program should always come from the following categories, even in the early post-operative stages.

Recommended 4-step Diet Progression

TYPE OF FOOD	PURPOSE
LOW IN FAT	<ul style="list-style-type: none">• Facilitates weight loss.• Promotes weight maintenance over time.• Minimizes food intolerances.
HIGH IN PROTEIN	<ul style="list-style-type: none">• Essential for healing after surgery (laparoscopic or open procedure).• Preserves muscle during initial, rapid weight loss stage and beyond.
FREE OF SIMPLE SUGARS	<ul style="list-style-type: none">• Prevents Dumping Syndrome.• Promotes weight loss.• Promotes better nutrition.

IMPORTANT: Remember, this handout is a guide. Your surgeon and/or dietitian will individualize your diet progression as much as possible. Patients generally have good success and optimal weight loss when followed closely by a dietitian after the surgery.

Always check with your surgeon before adding new foods or advancing your diet.

Step 1: Clear Liquid Diet – Day 1 Post-Operative

Sugar-free; no concentrated sweets; caffeine-free

- Water, sugar-free gelatin, Crystal Light®, clear broth, sugar-free Popsicles®, decaffeinated tea or coffee
- Drink 2-4 ounces of water/fluids per hour. Sip fluids slowly.
- May begin clear protein supplement if medically OK.
- Avoid extreme temperatures, hot or cold.

Fluid Measurements

2 tablespoons = 1 ounce
4 tablespoons = 2 ounces = 1/4 cup

Step 2: Full Liquid Diet – Day 2 Post-Operative

Sugar-free; no concentrated sweets; low-fat; high-protein

- Includes liquids from Step 1.
- Use a blender to make soups, then strain. Hot cereals and Carnation Instant Breakfast®, no sugar added, are also allowed.
- Follow this diet up to two weeks after surgery.
- Drink 2-3 ounces of liquids/water per hour.
- Start protein supplement.
- Consume a minimum of five meals per day (including protein supplement).
- Take two chewable Bariatric multivitamins with food. You may also take liquid multivitamins.*

***Note: Vitamins in the chewable and liquid forms are more easily absorbed by your new stomach.**

Take two chewable calcium tablets (calcium citrate with Vitamin D) with food, but not at the same time as the multivitamin.

Step 2 : (continued)

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none"> • Protein shake • Multivitamin (1) <p>Morning snack: 3 oz. sugar-free, fat-free pudding</p>	<ul style="list-style-type: none"> • Strained, puréed cream of chicken soup (made with ingredients listed below) 3-4 tablespoons (1/2 cup) • Salt/pepper to taste (avoid spicy condiments) • Multivitamin (1) 	<ul style="list-style-type: none"> • 1/4 cup strained, blenderized bean or cream of chicken soup <p>Evening snack: protein shake</p>

FOOD GROUPS	RECOMMENDED	AVOID
Milk	Skim milk, non-fat powdered milk added to strained soups; use Lactose-free or Soy milk for lactose intolerance, sugar-free pudding	Ice cream, regular yogurt, cocoa mixes made with sugar, chocolate milk, sweetened custards and puddings, regular milkshakes
Meat and meat substitutes	Add puréed, skinless white-meat chicken, or turkey, fish/seafood to strained cream soups made with broth.	Red meat and pork until 3-6 months after surgery for better tolerance
Fruits and veggies	Vegetable juice, diet pulp-free juice, Diet V8 Splash	All others All fresh fruits/vegetables
Fats and oils	Olive & canola oils (used sparingly)	All others
Soup	Chicken, beef or vegetable broth, strained and puréed with above food items	All others
Cereal/starch	Strained, cooked hot cereals thinned with milk	Cereals made with sugars and all others
Sweets/desserts	Products that are sugar-free, light, no sugar added, unsweetened, low-fat/fat-free; Use sugar substitute	Sugar, high fructose corn syrup (HFCS) maltose, dextrose, sorbitol, mannitol
Miscellaneous (as desired)	Mild spices and seasonings as tolerated, Crystal Light®, decaffeinated tea or coffee, sugar-free jelly (Smuckers® or Polaner®)	Sugar, alcohol, caffeine, chocolate, carbonated beverage

Step 3: Puréed Diet – 2 Weeks Post-Operative

Sugar-free; no concentrated sweets; low-fat; high-protein

Use a blender to “puree” soups. Food consistency can be thicker than in Step 2.

Think baby food, less broth, more of the protein source used in soups.

- Follow puréed diet second week after surgery or as recommended by your physician. This step is necessary to prepare your new stomach for the following step.
- Foods in this step require minimal chewing (soft scrambled eggs, low-fat or fat-free cottage cheese).
- Continue drinking liquids slowly as in Step 2; increase to a minimum of 6-8 cups per day.
- **Protein supplement** can be sipped (as a snack) between meals.
- Remain on chewable multivitamins for up to three months after surgery. Liquid vitamins are also acceptable.
- Eat very slowly, taking small bites until satisfied but not full.

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none">• 1/4 cup soft scrambled eggs or egg whites Morning snack: protein shake	<ul style="list-style-type: none">• 1/4 - 1/2 cup puréed protein soup (made with ingredients listed below)• Salt/pepper to taste• 1/4 cup fat-free cottage cheese with 1/2 tsp. sugar-free jelly for flavor	<ul style="list-style-type: none">• 1/4 - 1/2 cup puréed refried beans with a dollop of fat-free sour cream• 1/4 cup unsweetened apple sauce Evening snack: protein shake

- Refrain from consuming cereals/starches as part of the puréed diet if you have not gained tolerance of protein-rich foods. Concentrate on taking protein supplement until your new stomach starts to tolerate food.
- Do not be in a hurry to progress to the next step. It should be done gradually. It is OK to remain longer on one step than to advance before you are ready for the next step.

NOTE: If you are constantly nauseous and/or throwing up, please consult your physician.

Step 3: Puréed Diet (continued)

FOOD GROUPS	RECOMMENDED	AVOID
Milk	Skim milk, non-fat powdered milk added to strained soups; plain or light, fat-free yogurt (smooth texture); use lactose-free or soy milk for lactose intolerance. Sugar-free pudding	Ice cream, regular yogurt, cocoa mixes made with sugar, chocolate milk, sweetened custards and puddings, regular milkshakes
Meat and meat substitutes	Add cooked, skinless white-meat chicken, or turkey, veal, lamb, fish/seafood to puréed cream soups made using less broth. You may cut up the protein very finely at this step. Scrambled eggs or egg whites, baby food (chicken), puréed bean and tofu added to soups, cottage cheese. Always chew well.	Raw eggs Red meat and pork until 3-6 months after surgery for better tolerance.
Fruits and vegetables	Unsweetened applesauce, baby food fruits and vegetables	All others; sweet baby food
Fats and oils	Olive and canola oils (used sparingly)	All others
Soup	Chicken, beef or vegetable broth, and puréed with above food items	All others
Cereal/starch	Strained, cooked hot cereals thinned with milk, potatoes or other starchy root vegetables added to soups for flavor	Cereals made with sugars, all others
Sweets/desserts	Look for sugar-free Popsicles; light, no sugar added, unsweetened, low-fat/fat-free products. Use sugar substitute	Sugar, syrup (HFCS) maltose, dextrose, sorbitol, mannitol
Miscellaneous (as desired)	Mild spices and seasonings as tolerated, Crystal Light®, decaffeinated tea or coffee, sugar-free jelly (Smuckers® or Polaner®)	Sugar, all others

Step 4: Soft/Regular Diet – 4 Weeks Post-Operative

No concentrated sweets; low-fat; low-fiber; high-protein

Protein-rich foods should remain a priority at each meal. Introduce one new food at a time. If not tolerated at first, avoid it for approximately one week then retry.

- You may begin Step 4, four or five weeks after surgery if you tolerated all foods in Step 3. Otherwise, refrain from advancing.
- Go step by step. Do not get ahead of yourself.
- Include all foods from previous steps.

NEW FOODS:

- Soft and flaky white fish (avoid fatty fish at first). Good choices include tilapia, grouper, dolphin, snapper and cod.
- Low-fat deli meats (such as ham, turkey, chicken-sliced thin).
- Low-fat, soft cheeses (1 ounce servings); low fat = less than 5 grams of fat per ounce.
- Canned fruits in sugar-free syrup or soft, cooked fruits without skins or peels.
- Soft, cooked vegetables such as squash, carrots and green beans.
- Small amounts of carbohydrates such as:
 - Potatoes, low-sugar cereals (less than 3 grams of sugar per serving) and overcooked pasta/macaroni.
Limit portion to 1/4 cup or less.

- Week 6 after surgery: Add toast and crackers.
- 2 months after surgery: Add moist, skinless poultry—avoid breast at first because it may be too tough and dry; choose leg or thigh meat. Soft, cooked vegetables such as broccoli tops, asparagus, beets and eggplant. Soy burgers.
- 3 months after surgery: Add other soft fruits (melons, peaches, plums, nectarines). May try soft breads—chew well.
- 4 months after surgery: Salad greens and crunchy fruits and vegetables. Lean, ground meat in chili-like soup or alone. Soft veal steak.
- 5 months after surgery: Lamb or veal.
- 6 months after surgery: *Lean cuts of beef and pork—never fried (too fatty) or barbecued (too tough). Choose grilling, broiling, baking or sautéing as healthy cooking options.

* Limit to 2-3 times per week to keep diet low in saturated fats.

Step 4: (continued)

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> • 1 scrambled egg, All Whites® or egg substitute sprinkled with low-fat cheese • 1/2 slice toast <p>Morning snack: protein shake</p>	<ul style="list-style-type: none"> • 1/2 cup of tuna salad made with low-fat mayonnaise • 3-4 saltine crackers or 2-3 Melba toasts <p>Afternoon snack: protein shake</p>	<ul style="list-style-type: none"> • 2-3 ounces of bean soup (or chili-based soup) • 2-4 ounces of light, non-fat fruit yogurt

- **CHEW, CHEW, CHEW** until the food in your mouth feels like in Steps 2-3 (blenderized-puréed consistency). Remember, part of the digestion process begins in your mouth. The more you chew, the easier it is for your new small stomach to tolerate food.
- Familiarize yourself with food portions by measuring foods at home so that as you approach a regular diet and are faced with dining out, you can gauge a correct portion of food by looking at it.
- Continue with your vitamins and protein supplements, which may be reduced to once or twice a day if you are getting a substantial amount of protein from food– up to 100 grams per day. However, for individual recommendations, make an appointment with a dietitian for your one month follow-up.

Recipe For Whey Protein Shakes

Ingredients:

1 scoop protein powder (20-25 grams of protein)
 4 ounces skim milk (4 grams of protein)
 Ice

Place all ingredients in the blender.

Note: You may end up with more than the estimated 4 ounces of liquid because the protein powder tends to expand. Drink a minimum of 4 ounces.

Protein Supplementation

As you may have already concluded, gastric bypass surgery can easily induce a state of malnutrition, if dietary guidelines are not closely followed. During the initial rapid weight loss stage (the first three months after surgery), it is nearly impossible to consume enough protein from food alone. A protein supplement, as discussed below, is strongly suggested.

The following protein supplements have been well-tolerated by patients with gastric bypass surgery.

- | | |
|---------------------------|-----------------|
| 1) Pure Whey® | 5) Proteinex® |
| 2) Designer Whey Protein® | 6) Pure Pro® |
| 3) Met Rx® | 7) Problend 55® |
| 4) Isopure® | |

Whey protein isolate (WPI) is one of the best sources of protein to supplement your diet. It should be the main source of the protein powder you buy (listed as one of the first three ingredients). Whey protein concentrate is second best, and soy protein (as a supplement) is less desirable.

- Use the nutrition labels of the above products as a guide when comparing different protein supplements. Make sure the protein powder purchased is low in sugars, carbohydrates and fiber, and high in protein.
- Always check the serving size on the nutrition label.

WHERE TO BUY:

- General Nutrition Centers (GNC)
- The Vitamin Shoppe
- www.BariatricEating.com
- www.BariatricAdvantage.com
- www.BBvitamins.com
- Your surgeon's office

Recommendations for Vitamin/Mineral Supplementation

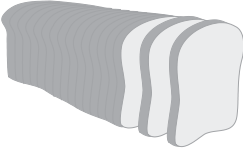
Remember:

Your new stomach absorbs CHEWABLE or LIQUID multivitamins/minerals BEST.

Vitamin/Mineral	When do you start?	Recommended Dose	How long do you take it?	Why it's Important
Vitamin B12	<ul style="list-style-type: none"> - Depends on your physician - Injections can be started right after surgery 	<ul style="list-style-type: none"> - 1,000 mcg. of sublingual tablets daily or - Injections or - Nasal Spray 	Lifelong	<ul style="list-style-type: none"> - Surgery bypasses the area in stomach responsible for producing intrinsic factor, which is needed for B12 absorption - Risk for anemia (Macrocytic) develops without adequate supplementation - Diet intake is not sufficient
Bariatric Multi-vitamin/Mineral Supplement (chewable)	<ul style="list-style-type: none"> - May begin chewables or liquid day after surgery 	<ul style="list-style-type: none"> - 2 tablets per day 	Up to three months after surgery	<ul style="list-style-type: none"> - Omission of food groups as a result of reduced stomach size and malabsorption of nutrients may cause specific vitamin/mineral deficiencies
Bariatric Multi-vitamin/Mineral Supplementation pill form	<ul style="list-style-type: none"> - Start three months after surgery 	<ul style="list-style-type: none"> - 1 tablet of adult multi-vitamin/mineral 	Lifelong	
Iron	<ul style="list-style-type: none"> - Women may need to take in addition to multivitamin 	<ul style="list-style-type: none"> Amount in bariatric adult multi-vitamin/mineral (18-27mg./day) - Supplement as directed by your doctor 	Lifelong	<ul style="list-style-type: none"> - Risk for iron deficiency anemia (Hypochromic, Microcytic) - Surgery bypasses section of small intestine that absorbs iron
Calcium	<ul style="list-style-type: none"> - Begin immediately after surgery 	<ul style="list-style-type: none"> 1,500-1,700 mg. of Calcium citrate with Vitamin D chewable 	Lifelong	<ul style="list-style-type: none"> - Decreased intake of calcium from foods - Surgery bypasses absorption sites - Risk for development of osteoporosis (middle aged females)

Food Sources Rich in Vitamins and Minerals

IRON



Liver, lean beef, enriched whole grains/breads, dried beans, egg yolks, dark green, leafy vegetables, oysters, prune juice, dried fruits

Deficiency: Anemia
Signs: Pale, fatigue
(This is true for Vitamin B12 deficiency as well.)

CALCIUM



Milk, cheese, enriched breads, salmon, shrimp, sardines with bones. Greens except rhubarb, spinach, chard and beet greens. Broccoli is also a good source.

Deficiency: Osteoporosis (fragile bones)
Signs: Decreased bone density detected by medical exam

VITAMIN B12



Foods of animal origin:
liver, kidney, fish, poultry meats, egg, milk and milk products

VITAMIN B1 (THIAMINE)

Whole grains, enriched cereal products, pork, peas, legumes, dairy products, orange juice, asparagus

Note: Some of these foods may not be appropriate immediately after surgery.

SPECIAL CONSIDERATIONS:

- Consume **5-6 meals** including protein shakes.
- Eat slowly, chew well and avoid distractions during mealtime. Allow 1/2-1 hour for each meal. Set your fork down between bites. Chew your food about 30 times.
- **No drinking while eating.** Stop drinking about 30 minutes before your meal, and refrain from drinking for 30 to 60 minutes after your meal.
- **Sip fluids at all times**, approximately 2-3 ounces every hour.
- **Make protein a priority.** Eat protein foods first.
- Drink protein supplements as instructed.
- **Avoid sweets and sugars.** They may promote weight gain and aggravate Dumping Syndrome.
- **Avoid high-fat selections.** They are high in calories and may be poorly digested.
- **Avoid high-calorie liquids.** They will defeat the purpose of the surgery and prevent weight loss.
- **Stop eating when you feel satisfied.** Do not take the next bite. If you ignore that sign, you will overeat and your stomach will expand. This will cause physical pain and you may vomit. Learn to stop eating before you feel full.
- Drink "flat" drinks only. Let carbonated, sugar-free drinks sit out for at least an hour. This will prevent gassy discomfort.
- **Avoid drinking through straws to prevent swallowing air, which may lead to bloating.**
- **Avoid high-fiber foods.** High-fiber foods, such as fresh coconut, orange pulp and fresh fruits and vegetables with skin, can block the stomach opening.
- **Caution with milk.** Some patients may develop lactose intolerance, making it difficult to drink milk. Drink Lactaid milk or soy milk.
- **Eat breakfast within 1 hour of waking up** to jumpstart your metabolism.
- Add new foods one at a time. If you do not tolerate a food or drink, wait about one week to try it again. If you continue to have problems, avoid it.
- **Don't forget to drink water.**
- Take your vitamins. The most common deficiencies are Iron, Folate, Vitamin B12 and Calcium. Begin with a chewable form.
- Increase your physical activity – try a sport, take long walks.
- Participate in a behavioral modification program.
- Start a hobby. Never eat out of boredom.
- **Follow-up with your surgeon and dietitian.**



You can post this on your refrigerator!

LET'S GO SHOPPING!

- A blender or food processor
- Carnation Instant Breakfast® (No sugar added—4 grams protein per packet)
- Carnation Instant Nonfat Dry Milk (8 grams protein per 1/3 cup)
 - Use in soups during Full Liquid Diet.
- Chicken, beef, ham or vegetable broth
- Fat-free cottage cheese (buy the 4 ounce container to avoid food waste)
 - Breakstone's® (12 grams of protein per 4 ounces)
 - Light & Lively®
- Crystal Light® (flavors may vary)
- Light or plain yogurt (4 ounces—6 to 8 grams protein per serving)
 - Dannon®
 - Yoplait®
- **CARBOHYDRATES:**
 - White or light wheat bread
 - Keebler® Club House crackers (reduced fat)
 - Melba toast/rice/pasta (macaroni)
- Peanut butter (low-fat)
 - Smuckers All Natural®
- **PROTEIN** (7 grams protein per ounce). Keep in mind a deck of playing cards is 3 ounces (21 grams):
 - Eggs and egg whites
 - Egg Beaters®
 - All Whites®
 - Low-fat cottage cheese
 - Low-fat ricotta cheese
 - Lean meats
 - Poultry (dark meat chicken and turkey)
 - Fish, tuna and shellfish
 - Low-fat, mild cheeses
 - Beans (well-cooked and mashed as part of puréed and soft diet)
- Sugar-free gelatin (Jell-O)
- Sugar substitute
 - Equal®
 - Splenda®
 - Nutrisweet®

Protein Sources

Fish, Meat, Poultry and Seafood

Food	Grams of Protein	Food	Grams of Protein
1 large egg	7	1oz. lean beef, lamb, pork, veal or venison	7
1 oz. fresh, frozen or canned fish	7	1 oz. venison, 1/4 cup egg substitute or egg white	6
1 oz. chicken, turkey or other poultry	7	1 slice cold cuts or 1 hot dog, which is 95 to 100 percent fat-free	4-8
1 oz. fresh, frozen or canned clams, crab, lobster, oyster or shrimp	7	1 slice deli-thin cold cut, 95 to 100 percent fat-free	2

Dairy

Food	Grams of Protein	Food	Grams of Protein
1/2 cup skim milk, 1 percent or 2 percent milk	4	1 oz. hard cheese	7
1/2 cup light yogurt	4	1 slice American cheese	5
1/2 cup lactose-free or lactose-reduced milk	4	1 slice soy cheese	4
1/2 cup buttermilk	4.5	4 oz. (1/2 cup) fat-free or low-fat cottage cheese	14
1/2 cup soy milk	3	4 oz. (1/2 cup) low-fat ricotta cheese	14-20
1/2 cup rice milk	0.5	1 envelope sugar-free hot chocolate in 1 cup skim milk	10
1 scoop whey protein powder in 1 cup skim or 1 percent milk	25	1 envelope Carnation Instant Breakfast in 1 cup of skim milk	14

Soups and Stews

Food	Grams of Protein	Food	Grams of Protein
Chili with or without beans, 1/2 cup	8	Lentil soup	9
Chicken with dumplings, 1/2 cup	6 - 8.5	Chunky vegetable beef soup, 1/2 cup	4.5
Ham and bean soup, 1/2 cup	5.5	Spaghetti with meatballs	9
Black bean soup, 1/2 cup	5.5	Macaroni with beef and tomato sauce	9
Split pea soup, 1/2 cup	5	Chicken noodle soup, 1/2 cup	3
Vegetable beef soup, 1 1/2 cup	5	Hearty chicken noodle soup, 1/2 cup	3
Beef stew, 1/2 cup	5	Chicken vegetable soup, 1/2 cup	3
Brunswick stew, 1/2 cup	3.5 - 5	Cream of mushroom, cheese or other cream soup, 1/2 cup	3

Vegetarian-Based

Food	Grams of Protein	Food	Grams of Protein
1 scoop soy, rice or other vegetable-based protein powder in water or diet beverage	15-23	Lentils, 1/2 cup	8
Black beans, 1/2 cup	11	Tofu, 1/2 cup	8
Chickpeas or garbanzo beans, 1/2 cup	10	Kidney, pinto, or great northern beans, 1/2 cup	7
Soy beans, 1/2 cup	10	Black eyed peas, 1/2 cup	7
Butter beans or lima beans, 1/2 cup	9	Nuts or seeds, 1/2 cup	5-7
Vegetarian burger	7-19	Peanut butter, 1 tablespoon	4
Refried beans, 1/2 cup	7-10	Tahini (sesame seed paste)	3

The information in this manual was gathered using current Medical Nutrition Therapy literature. This handout or parts thereof, may not be reproduced in any form without permission from South Miami Hospital, Clinical Nutrition Services.

To make an appointment with the registered dietitian, call South Miami Hospital Clinical Nutrition Services at **786-662-8331**.

References:

- American Society for Bariatric Surgery
- National Institutes of Health
- United States Department of Agriculture
- The American Dietetic Association Nutrition Care Manual
- Manual of Medical Nutrition Therapy Florida Dietetic Association 2007 Edition



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