

Protein Powder: Whey Protein

Whey Protein Isolate

Isolate is the highest quality protein powder since it is lowest in calories, highest in protein, mixes well, and is lactose free.



Whey Protein Concentrate

Concentrate is slightly higher in calories than isolate, but is affordable and high quality.



» **Ingredients list:** The first ingredient should contain the word “whey” or “milk”

» **Nutrition facts:** All protein supplements should contain 200 calories or less , 20 grams of protein or more, no more than 10 grams of total sugar, no more than 10 grams of total fat

Protein Powder: Plant Based & Alternatives

Egg White & Soy Protein

Egg white and soy protein are high quality and are the preferred substitutes for those who do not use whey protein.



Other Plant Based Protein

Plant based protein is lower in quality, higher in calories with less protein, and needs to be carefully reviewed before use.



» **Collagen:** This is a low quality protein, and should not be used as your sole protein source.

Protein Powder: Unflavored & Savory

Unflavored Whey Protein



» Mix these into hot or cold foods, such as soups, sauces, oatmeal, yogurt, etc.

Savory Whey Protein



» If using protein soup mixes (below), strain any pieces of vegetables out while on stage 3 diet.



» **Mixing Tip:** When mixing protein powder with hot liquid, use a meat thermometer to ensure the liquid is not above 140°F.

Clear Protein Water

Ready-to-Drink



Powders



» **Tip:** Dilute with water if too sweet or freeze into popsicle molds. Avoid those that contain caffeine.

Ready-to-Drink Protein Shakes

» **Selection:** Choose protein shakes with higher protein content, especially early after surgery. Avoid those with caffeine.

Low Lactose



Plant-Based



Protein Bars



*Available at WDH
Pharmacy*



Note: Think! 150 calorie bars preferred.

- » **Sugar alcohols:** Choose bars with 10 grams or less of sugar alcohols due to laxative side-effects. These are listed on the “nutrition facts” panel only if present.
- » **Nutrition facts:** Follow the same guidelines used for all protein supplements (≤ 200 calories, ≥ 20 grams of protein, ≤ 10 grams of total sugar, ≤ 10 grams of total fat)