

High Protein Options List

Why is protein important after bariatric surgery?

- To help wound healing post surgery
- To preserve more muscle mass while losing body fat.
- To increase satiety (the feeling of fullness) when eating smaller portions.

It is recommended to get at least 60-80g of protein per day post bariatric surgery. Here are some high protein options for you to try to help you meet your protein goals.

- Bulla Dairy Low Fat Onion & Chives Cottage Cheese (12g per serve)
- Obela Hommus To Go Classic & Sakata Crackers 125G(10g)
- Uncle Tobys Big Bowl Quick Oats Protein Berry 8 pack (11.5g per serve)
- Happy Snack Company Hi-Protein Snacks (5g per serve)
- Twisted Protein Frozen Dessert Double Choc Fudge (9.6g per serve)
- Bulla Cottage Cheese Onion & Chives (12g per tub)
- Buy Sanitarium So Good High Protein Almond Milk 1L (10g)
- Up N Go Energize (Choc) (17g)
- UP&GO™ Protein Energize Choc Flavour 500ml Bottle (35g)
- Rokeby Protein Smoothies(30g)
- Rokeby Probiotic Yoghurt Drink(7-9g)
- Wicked Sister High Protein Chocolate Pudding (15g per tub)
- Wicked Sister High Protein Vanilla Rice Pudding (15g per tub)
- High Protein Milk (15g per glass)
- YoPro Frozen Dessert (10g)
- Carman's Protein Bar (10g)
- Gym Bod Ice cream (21g per tub)
- Boiled eggs (6g)
- Babybel Cheese (Hi-Protein).(6g)
- Canned fish (15-20g)

