

PROTEIN FOR BARIATRIC SURGERY



WHY DO WE NEED THEM?

- Like how bricks are used to build a house, protein is the unit that makes up all of our organs from muscles, immune systems, hair, skin, nails and other processes like metabolism and digestion.
- It is also important for:
 - Wound healing after an injury or surgery
 - Prevent excessive muscle loss while you are losing weight

SIGNS OF NOT HAVING ENOUGH PROTEIN

- Weak and tired
- Muscle wasting
- Hair loss
- Weakened immune system and increased chance of infection/illness
- Slow wound healing/recovery process

WHERE CAN I GET THEM?

- Unlike vitamins and minerals, there are no protein pills. You'll need to get them from a variety of options from your everyday diet.
- If you are unable to eat enough solid foods, a protein-rich drink will be also helpful.
- Our dietitian can assist you in ensuring that you are getting adequate protein from your dietary intake.