

Medically Supervised Weight Loss Program (MSWLP)

FOOD LABEL READING, GROCERY SHOPPING, BRANDS AND FOOD ITEMS

This section includes:

- Understanding a food label
- Estimating Portion Size
- Layout of a grocery store
- Typical brands and items used for weight loss and weight loss surgery

ASSIGNMENTS | Answer the questions below:

1. After bariatric surgery, what items on a food label are important to note?
2. What is the recommended maximum sugar intake per serving after bariatric surgery?
3. Initially, for the first 2 weeks after bariatric surgery, what is the daily maximum intake for fat grams?
4. How does one determine the specific type of sugar that is in the product?

Understanding the Nutrition Facts Label

- 1. Start with the serving size:**
The rest of the info on the label is for one serving.
- 2. Check the calories:** Look at the calories per serving. Determine how many servings will keep you satisfied. Then see if that fits in your daily calorie budget. Remember, if you eat two servings, you're eating twice the calories.
- 3. Take caution on these nutrients:** Limit saturated fat, sodium and sugars. Avoid trans fats. All foods, except unsweetened dairy and fruit should have less than 5g of sugar per serving.
- 4. Choose nutritionally valuable foods:** After surgery, you will likely need 60-100g of protein per day. Most products should have at least 2g of fiber for every 15g of carbohydrate.
- 5. % Daily Value:** Tells you the percent of your goal or limit for the day, based on a 2,000 Calorie Diet. After surgery, your goals will likely be different, since you will be eating well under 2,000 calories a day.

Low: 5% or less
Good source: 10-19%
High source: 20% and higher

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

FRONT OF THE PACKAGE HEALTH CLAIMS
Low fat: 3g or less per serving
Low saturated fat: 1g or less per serving
Low sodium: 140mg or less per serving
Low calorie: 40 calories or less per serving
Good source of fiber: 2.5-4.9g per serving
High source of fiber: 5g or more per serving

Example Nutrition Facts Label

Nutrition Facts	
Serving Size	2 Bars (40g)
Servings Per Container	6
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 26g	9%
Fiber 4g	19%
Soluble Fiber 3g	
Insoluble Fiber 1g	
Sugars 8g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

2 bars have 180 calories
The whole box has 1,080 calories
(6 x 180 = 1,080)

This food is low in saturated fat and trans-fat. These are things to limit.

This food has fiber. Fiber helps you stay full.

This food has 2 teaspoons of sugar
4g sugar = 1 teaspoon
*Limit sugar as much as possible

Ingredients: are listed from greatest component to smallest component
*Notice that whole grains are the first ingredient. For cereals and breads, whole grains should always be the first ingredient.

THIS FOOD HAS ADDED SUGAR
Names for sugar: sugar, sucrose, fructose, glucose, dextrose, corn syrup, high fructose corn syrup, cane syrup, brown rice syrup, honey, agave, evaporated cane juice, fruit concentrate

OUR TASTY INGREDIENTS:
BLEND (WHOLE: OATS, HARD RED WINTER WHEAT, RYE, TRITICALE, BARLEY, LONG GRAIN BROWN RICE, BUCKWHEAT, SESAME SEEDS), EVAPORATED CANE JUICE CRYSTALS, EXPELLER PRESSED CANOLA OIL, SOY PROTEIN ISOLATE, CHICORY ROOT FIBER, WHOLE PUMPKIN SEEDS, HONEY, WHOLE FLAX SEEDS, RICE STARCH, GUM ARABIC, EVAPORATED SALT, SPICES, SOY LECITHIN, SODIUM BICARBONATE, WHEAT GERM, MIXED TOCOPHEROLS FOR FRESHNESS, NATURAL ROASTED ALMOND BUTTER.
CONTAINS WHEAT, SOY AND ALMOND INGREDIENTS. MAY CONTAIN TRACES OF OTHER TREE NUTS.

Estimating Portion Size

1 oz. Meat:	Size of a Matchbox
3 oz. Meat:	Size of Deck of Cards or Bar of Soap
8 oz. Meat:	Size of Thin Paperback Book
3 oz. Fish:	Size of a Checkbook
1 oz. Cheese:	Size of 4 Dice
Medium Potato:	Size of a Computer Mouse
2 Tbsp Peanut Butter:	Size of Ping Pong Ball
1 cup Pasta:	Size of a Tennis Ball
Average Bagel:	Size of Hockey Puck



Reducing refined sugar intake pre and post bariatric surgery

1. Avoid juice, sports drinks, soda, coffee, black tea, energy drinks and alcohol
2. Avoid fast food, fried food, white bread, white rice, white pasta and sweets
3. Limit sugar intake to 5-7g per serving when eating packaged foods.

Eat This or That?

Cheerios[®]

Nutrition Facts

Serving Size 1 cup (28g)
 Children Under 4 - ¾ cup (21g)
 Servings Per Container about 18
 Children under 4 - about 24

Amount Per Serving	Cheerios	with ½ cup skim milk	Cereal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10

	% Daily Value**		
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 160mg	7%	9%	120mg
Potassium 170mg	5%	11%	130mg
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 17g			12g
Protein 3g			2g

	% Daily Value**		
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B ₆	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B ₁₂	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%

*Amount in cereal. A serving of cereal plus skim milk provides 2g total fat (0.5g saturated fat, 1g monounsaturated fat), less than 5mg cholesterol, 220mg sodium, 380mg potassium, 26g total carbohydrate (7g sugars), and 8g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

Nature Valley Protein Crunchy[®]

Nutrition Facts

Serving Size ½ cup (50g)
 Servings Per Container about 6

Amount Per Serving	
Calories 210	Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Potassium 125mg	4%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	10%
Sugars 12g	
Other Carbohydrate 17g	
Protein 10g	10%

Vitamin A 0% • Vitamin C 0%
 Calcium 2% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

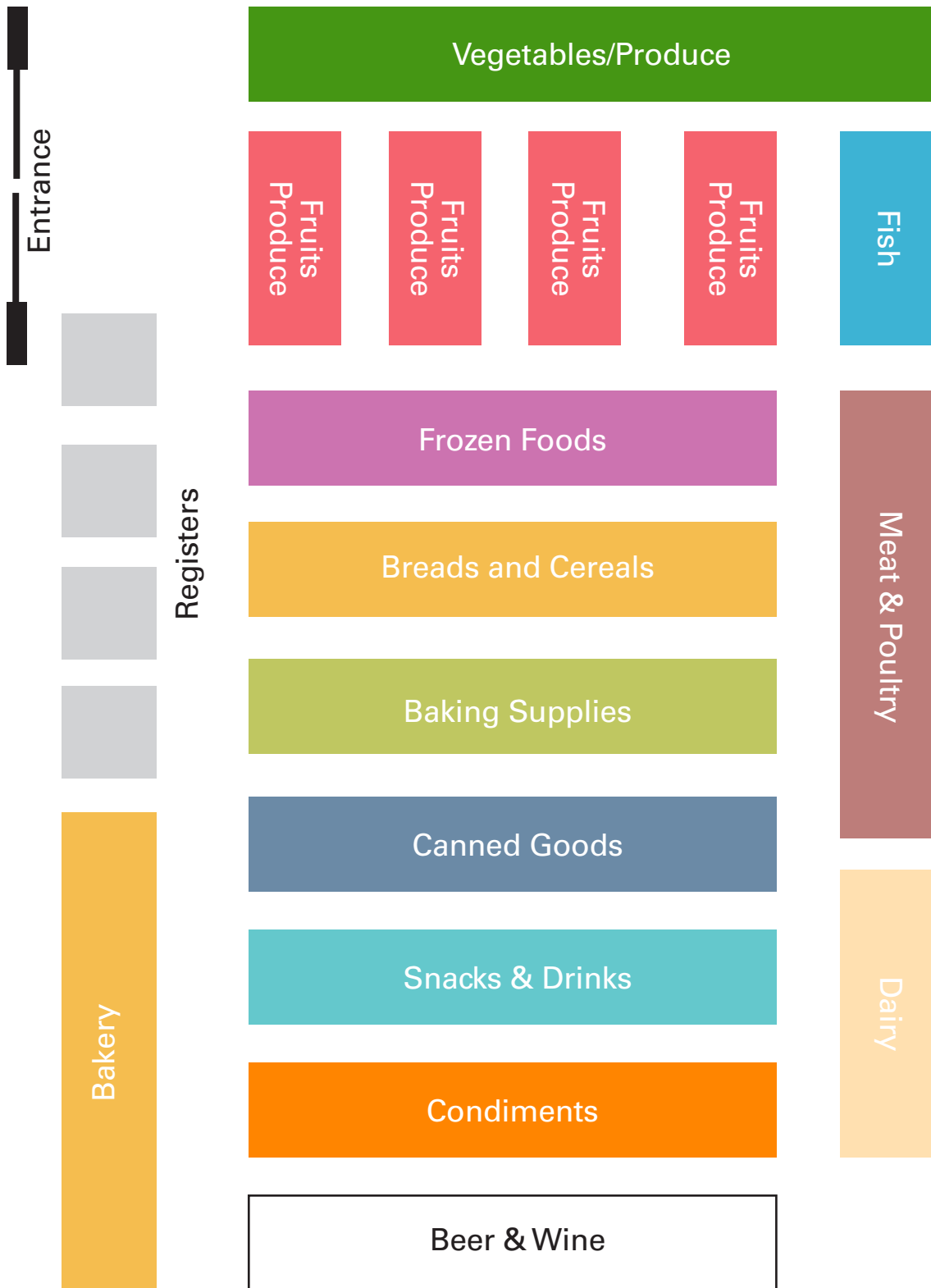
Ingredients: Whole Grain Oats, Sugar, Soy Protein Isolate, Canola Oil, Refiner's Syrup, Honey, Rice Starch, Soy Lecithin, Salt, Baking Soda, Natural Flavor, Corn Starch, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

CONTAINS SOY; MAY CONTAIN ALMOND, MILK, PECAN AND WHEAT INGREDIENTS.

Answer the questions below:

1. How many calories are in 1 cup of granola?
2. How many calories are in 1 cup of cheerios?
3. How much sugar is in 1 cup of granola?
4. Which cereal would you choose and why?

Grocery Store Layout



What to Pick

Eating as many whole foods as possible is an essential part of a pre-surgical weight loss journey. Knowing how to do that is the more difficult task. Use these tips and foods when shopping or planning meals to better meet your body's nutrient needs.

Produce:

- Choose fruits and vegetables that are as close to their natural state as possible. (peels/skins on, not fried, not preserved)
- Fresh first, frozen second and canned last. The “whole food” rule applies here too.
- Choose produce that is in season as it will have the most nutrition

Grains:

- Choose whole grains that have not been refined. They will be higher in fiber and nutrients like B vitamins.
- Look for words like “100% whole grain”, “whole wheat flour” etc
- Eating whole grains half of the time is better than none so aim to choose the whole grain version (brown vs white rice) most of the time.

Protein:

- Plan meals with as many different varieties of protein as you can.
- Remember that some plants have protein also like beans, nuts, seeds, peas and lentils.
- Add fish to your menu to increase your omega 3 fatty acid intake.

Fats:

- Variety is important! The fats in nut butters, nuts, seeds, olive oil, avocado, and other plant fats are great ways to incorporate fat into a meal. Watch your portions!



What to Pass

Choosing foods that are nourishing is not an exact science. Use these tips to navigate through those grey areas.

Produce:

- Steer away from sweetened versions of fruits and vegetables. Canned fruits can have added sugar in the form of syrup.
- Fruit juices (fresh or bottled) are still concentrated sugar without much fiber.

Grains:

- Avoid highly processed /refined grains. These will cause a greater blood sugar re-sponse and contain much fewer nutrients (fiber, vitamins, minerals).
- Pass up the bakery section. Candies, cookies, cakes and other sweet treats are things that should be saved for special occasions. When they're in your home you're likely to eat them much more often.
- Avoid cereals that are sugary, check the label for sugar content

Protein:

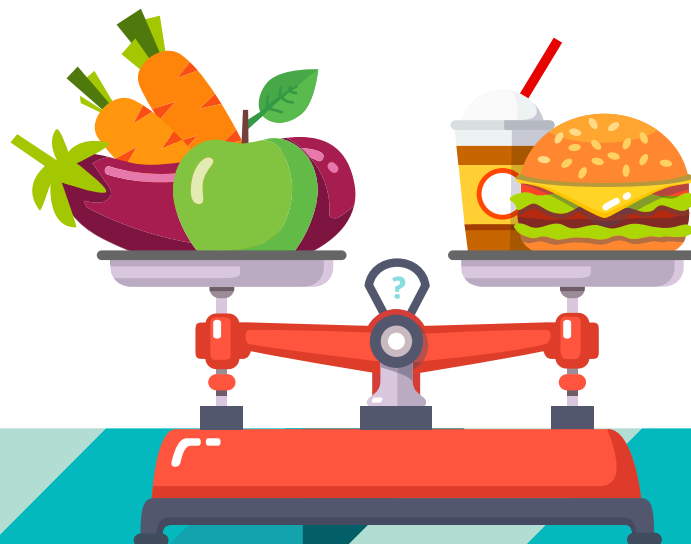
- Avoid highly processed forms of meats to reduce intake of trans fats, additives etc that may disrupt hormone balance.
- Skip packaged entrees that come with pre-made sauces. (Hidden sugar!)

Fats:

- Watch out for foods that have 'hydrogenated' oils listed in the ingredient list, these are trans fats and should be avoided. (peanut butter, packaged baked goods)
- Pass up the margarine or butter substitutes.
- When choosing 'low-fat' or 'fat-free' options, be mindful of the quantity of sugar as it is often substituted when fat is removed.

Other:

- Avoid condiments with added sugars. (salad dressings, ketchup, BBQ sauce, etc)
- Skip the chip, candy and soda aisle.



Daily Food Choices

Food Groups	Food Choices & Serving Sizes	Foods to Avoid or Limit
<p>PROTEIN CHOICES: (35 to 75* calories per ounce) Try to keep your protein choices very lean and less than 55 calories per ounce.</p>	<p>1 oz. of lean meat, chicken, fish or meat substitute = 1 oz. (3 oz. meat = deck of cards) 1 egg or ¼ cup egg substitute or 2 egg whites = 1 oz. 1 oz. low-fat cheese (3 grams fat/oz.) = 1 oz. 3 tablespoons non-fat cream cheese = 1 oz. ½ cup cooked dried beans and peas = 1 oz. ¼ cup cottage cheese or tuna = 1 oz. ½ cup tofu = 1 oz. 1/3 cup non-fat, plain Greek yogurt = 1 oz.</p>	<p>High fat meat (prime, ground beef with > 10% fat, ribs, sausage, hot dogs, bacon, etc.) High fat cheese Fried chicken and fish Poultry with the skin</p>
<p>VEGETABLE CHOICES: (25 calories/serving)</p>	<p>½ cup cooked non-starchy vegetable (asparagus, beets, broccoli, cabbage carrots, cauliflower, green beans, greens, onion, pepper, tomato, zucchini) ½ cup vegetable juice 1 cup raw vegetables</p>	<p>Creamed or au gratin vegetables Vegetables with sauce or cheese</p>
<p>FRUIT CHOICES: (60-100* calories/serving)</p>	<p>1 medium fresh fruit – the size of a tennis ball (apple, orange, peach, pear, plum, etc.) ½ large fruit (banana, grapefruit) 2-3 small fresh fruit (apricot, kiwi, tangerine, etc.) 1 cup melon or berries Handful of grapes ½ cup unsweetened canned fruit or juice 2-3 Tbsp. dried fruit</p>	<p>Dried fruit (concentrated and often with added sugar) Fruit juice (lacks fiber and does not fill you up)</p>
<p>STARCH CHOICES: (80-100* calories/serving) One starch serving contains 15 grams of carbohydrate.</p> <p>Check the food label for serving size, fat content and calories. The first ingredient should be whole wheat flour.</p>	<p>1 slice whole wheat/whole grain bread 1 small corn or low-carb whole grain flour tortilla ½ whole wheat English muffin or pita bread ¾ cup high-fiber, low-sugar cold cereal (less than 8 grams sugar, more than 3 grams fiber/serving) ¼ cup granola (look for low sugar) ½ cup cooked oatmeal or whole grain cereal 1/3 cup brown rice or whole grain pasta 4-6 low-fat, whole-wheat crackers 1 small potato ½ cup cooked sweet or white potato, corn, peas ½ cup cooked dried beans or lentils</p>	<p>White flour products (white bread, bagels, tortillas, crackers, etc.) White rice High fat breads (croissants, biscuits, muffins, cornbread, etc.) Refined breakfast cereals with >8 grams sugar per serving French fries, chips</p>
<p>MILK CHOICES: (90-100 calories/serving)</p>	<p>1 cup non-fat or 1% milk, or plain soy milk ¾ cup plain non-fat or light yogurt (Cheese & Greek yogurt are in the protein section)</p>	<p>Whole or 2% milk Regular or low-fat yogurt with >9g sugar</p>
<p>FAT CHOICES: (45 calories/serving)</p>	<p>1 tsp. oil, butter, margarine or mayonnaise 1 ½ tsp. natural peanut butter 1 Tbsp. salad dressing, cream cheese, low-fat margarine/mayonnaise, nuts or seeds 2 Tbsp. sour cream or reduced-fat salad dressing 1/8 large avocado, 5 large olives</p>	<p>Butter Shortening Lard Stick margarine Products made with trans-fat Regular sour cream</p>
<p>FREE FOODS: (20 calories/serving) Limit to 3 servings per day.</p>	<p>¼ cup salsa, 1 Tbsp. ketchup or pickle relish sugar-free jello</p>	<p>Candy, regular soda, chips, regular popcorn, ice cream, cookies, etc.</p>

*Calorie content of foods will vary depending on their fat content and the portion size. Meal plans are based on proteins at 55 calories per ounce, fruit at 60 calories per serving, and starch at 80 calories per serving.

Yogurt Guide for weight loss



The best yogurt for you will depend on your specific goals and taste preferences. Generally, yogurt should have less than 10g of sugar to prevent dumping syndrome and keep your weight loss on track. Greek yogurts have less carbohydrate and more protein than traditional yogurt. They are an excellent choice to help meet your protein goal after surgery. Remember to avoid yogurt with seeds or fruit on the bottom for the first 6 week after surgery.

Recommended Flavored Greek Yogurts

Product	Serving Size	Calories	Protein (g)	Sugar (g)	Fiber (g)	Calcium (mg)	Sweeteners
Oikos Triple Zero	5.3 oz container	120	15	6	6	150	Stevia
Dannon Light & Fit	5.3 oz container	80	12	7	0	150	Fructose, sucralose, acesulfame potassium
Chobani Less Sugar	5.3 oz container	120	12	8-9	0	150	Cane sugar, fruit concentrate
Yoplait Greek 100 protein	5.3 oz container	100	15	7	0	150	Fructose, sucralose, acesulfame potassium
Activia Light Greek	5.3 oz container	80	12	6	0	150	Fructose, sucralose, acesulfame potassium, juice concentrate

Recommended Plain Greek Yogurts

Product	Serving Size	Calories	Protein (g)	Sugar (g)	Fiber (g)	Calcium (mg)	Sweeteners
Fage Total 0%	6 oz container	100	18	7	0	200	none
Chobani Plain Non-fat Greek	5.3 oz container	80	15	4	0	150	none
Oikos Plain Non-fat	5.3 oz container	80	15	6	0	150	none

Other Acceptable Yogurt Options

Product	Serving Size	Calories	Protein (g)	Sugar (g)	Fiber (g)	Calcium (mg)	Sweeteners
Activia Light	5.3 oz container	60	4	6	2	150	Sucralose, acesulfame potassium
Siggi's Icelandic Style 0% strained yogurt	5.3 oz container	100-120	14	9-11	0	150	Cane sugar, agave nectar

Unflavored Protein Powder Shopping Guide

Are you struggling to get enough protein? Are you tired of sweet protein shakes and powders? Do you find that you just can't fit enough high protein foods in your pouch or sleeve to meet your goals? If you answered yes, try adding unflavored protein powders to your foods. They might not be completely tasteless, but the neutral flavor of these powders allows them to be mixed in just about any moist food or recipe.

What unflavored protein powders are best?

Look for powders with whey, casein, milk, egg, soy, or pea protein as the first ingredient. Avoid protein powders with collagen or rice protein as the first ingredient. Also double check the nutrition facts to make sure there is less than 5g of sugar per serving.

Where can I find unflavored protein powders?

Clark's Nutrition & Natural Foods Market, Loma Linda & Riverside, CA

- Bulk bin whey protein powder: 1 lb (16 servings with 23g protein) for \$4
- Bulk bin soy protein powder: 1lb for \$6
- MRM Natural Whey unflavored: 2.03 lbs for \$33
- MRM Veggie Protein unflavored: 19.8 oz for \$20
- Designer Whey Natural 100% Whey Protein: 2 lbs for \$38
- Isopure Unflavored Whey Protein Isolate: 3 lbs for \$65
- Jarrow Formula Unflavored Whey Protein: 2 lbs for \$35
- NOW Sports Whey Protein Isolate: 1.2 lbs for \$33
- Jay Robb Whey Protein Isolate unflavored: 1.5 lbs for \$44
- Genuine Health Fermented Vegan Proteins+ : 17.5oz or 26 (15g protein) servings for \$40

Trader Joe's, Multiple locations

- Trader Joe's Soy Protein Powder, Plain: 31 (23g protein) servings for \$16
- NOW Sports Soy Protein Isolate: 38 (20g protein) servings for \$17
- Trader Joe's Organic Unsweetened Pea Protein Powder: 18 (20g protein) servings for \$12
- Life Balance Eggwhite Protein: 11 (16g protein) servings for \$11

Vitamin Shoppe, Multiple Locations

- True Athlete Natural Unflavored: 24 (20g protein) servings for \$20
- Bodytech Whey Protein Isolate Unflavored: 23 (25g protein) servings for \$28
- Naked Whey 100% Premium Grass-fed Whey Protein: 76 (25g protein) servings for \$90
- Jay Robb Unflavored Egg White Protein: 21 (25g protein) servings for \$45
- Orgain Organic Protein Plant Based Protein, natural unsweetened: 20 (21g protein) servings for \$37

GNC, Multiple Locations

- GNC Pro Performance 100% Whey, unflavored : 25 (24g protein) servings for \$25
- GNC SuperFoods Soy Protein, unflavored: 21 (13g protein) servings for \$20

Online

- Unjury unflavored medical quality protein: 15 (21g protein) servings for \$21 + tax and shipping
<https://www.unjury.com/unjury-unflavored-protein-container.html>
- Celebrate unflavored Protein 20: 15 (20g protein) servings for \$20 + tax and shipping
<https://www.celebratevitamins.com/protein-20.html>
- Dialyvite Hi-Peak Instant Soy Protein mix: 13 (13g protein) servings for 14+ tax/shipping
<http://www.dialyvite.net/Hi-Peak%20HP135.html>

Protein Bars

Protein bars can be a convenient way to get in extra protein, but you want to get most of your nutrients from minimally processed fruit, vegetables, legumes, fish, poultry and healthy fats. Generally speaking, lean protein foods should have at least 10g of protein per every 100 calories. When looking at a protein bar, it is a good idea to look at the calories, protein, carbohydrate, sugar and fat. Aim for a bar with more protein and less calories. Higher carbohydrate bars should have fiber, but only 9g of sugar or less. Higher fat bars should have less than 4g of saturated fat and no trans-fat.

Here is a list of protein bars with lots of protein. The ones on the top have the most protein per 100 calories.

Protein Bar Brand	Calories	Protein	g protein/ 100 Calories	Carbs (g)	sugar (g)	fiber (g)	fat (g)	sat fat (g)	trans fat (g)
Quest Bar	190	21	11	20	0	14	9	2.5	0
Kirkland Signature	190	21	11	22	1	15	7	2.5	0
Protein Bar (Costco)									
Pure Protein 78g	290	31	11	30	6	2	7	3.5	0
PowerBar	190	20	11	25	2	13	5	2.5	0
Clean Whey									
Pure Protein 50g	190	20	10	18	2	3	5	3	0
Premier Protein 30	290	30	10	25	8	3	8	4.5	0
Simple Truth	210	21	10	14	7	1	8	4	0
(Kroger/Food4Less & Ralphy's)									
Premier Protein 15+7	190	15	8	27	7	7	6	4.5	0

Protein Bars that are NOT recommended:

- Bars with too much sugar alcohols: ThinkThin Bars
- Bars with too much sugar or calories: Clif bars, Larabars, Gatorade Whey Protein bars, Kind bars, Special K Protein Meal bars, PowerBar Energy



The Importance of Protein Intake

All nutrients, including protein, carbohydrates, fat, vitamins and minerals are essential for health. However, you need more protein after weight loss surgery to reduce muscle loss and promote healing. Women should aim for 60-80 grams of protein per day. Men and women over 5'8" should aim for 80-100g per day. At each meal or snack you will need to eat high protein foods, high protein meal replacements or add protein powder.

HIGH PROTEIN FOODS

Food	Calories	Protein
1 cup skim milk	90	8 g
1 cup plain soymilk (calcium fortified)	100	6-7 g
6 oz. light (artificially sweetened) or plain non-fat yogurt	100	6-10 g
4 oz. non-fat plain Greek-style yogurt	60	6-11 g
½ cup non-fat cottage cheese	80	14 g
1 ounce low-fat cheese or one egg	50-75	7 g
½ cup egg substitute	60	10-12 g
1 jar baby food plain meat	105	13 g
1 ounce soft, moist lean meat, poultry, or fish	35-75	7 g
½ cup (4 oz.) tofu	100-200	8-10 g
1 cup cream soup made with skim milk (½ soup & ½ milk)	125-180	6-8 g
½ cup beans	120	7 g
½ cup sugar-free pudding made with skim milk	105	4 g
2 tablespoons creamy peanut butter	190	8 g

HIGH PROTEIN MEAL REPLACEMENT DRINKS

Product	Calories	Protein
Boost Glucose Control	190	16 g
Carnation Instant Breakfast (No Sugar Added) made with 1% milk	160	13 g
Optifast HP	200	27 g
Glucerna*	200	10 g
GNC Lean Shake*	180	9 g

*For higher protein content, add about 5-10 grams of protein powder to these drinks.

PROTEIN POWDERS

When choosing a protein powder read the label carefully and choose one that is pure protein and does not contain any added sugar or fat. Some may contain a trace amount of fat or carbohydrate which are a natural part of the protein powder.

Protein Powder Supplement	Serving Size (on container)	Calories	Protein
Beneprotein, whey protein	1 packet/1 scoop (7 gm)	25	6 g
MRM Whey, Natural Flavor	1 scoop (24.3 gm)	72	18 g
Naturade Whey	2 scoops (20 gm)	64	16 g
Nature's Life Pro-96	¼ cup (31 gm)	100	25 g
Jarrow Whey Protein	1 heaping scoop (23 gm)	90	18 g
Jarrow Rice Protein	1 Tbsp. (15 gm)	56	11 g
Clark's Soy Protein	¼ cup (24 gm)	84	21 g
Supreme Pro	>1 Tbsp. (15 gm)	48	12 g
NOW Nutrition, soy protein	1 scoop (1/4 cup)	90	21 g
Show Me the Whey	1 scoop (21.5 gm)	72	18 g