Recommended Protein Supplements

Tulane Health System
BARIATRIC CENTER

Protein supplements are needed during the full liquid diet, before and after surgery.

After that, they are only used if you are not reaching protein goals.

Check the label for the following:

✓ 20-40 grams of protein

✓ <10 grams of carbohydrates

✓ <5 grams of sugar

✓ <200 calories per serving

✓ Caffeine free/Carbonation free

✓ Whey Protein ISOLATE is best absorbed

Approved Protein Powder Options

Whey Protein Isolate

- Premier Protein, 30g 2 scoop
- Body Fortress Isolate Protein, 30g 1 scoop
- ON Platinum Hydro Whey, 30g 1 scoop
- ON Gold Standard Whey, 24g 1 scoop
- GNC Pro Performance Whey, 24 1 scoop
- GNC AMP Pure Isolate, 25g 1 scoop
- GNC Wheybolic, 20g 1 scoop
- Ghost Protein, 25g 1 scoop
- Now Sports Whey Isolate, 25g 1 scoop
- biPro Renew Whey Isolate, 23g 1 scoop
- Garden of Life Organic Whey, 24g 1 scoop
- Unjury, 21g 1 scoop

Suitable for Lactose Intolerance:

- Syntrax Nectar, 23g 1 scoop
- Isopure Zero Carb/Whey Isolate, 25g 1 scoop
- Isopure Infusions, 20g 1 scoop

Unflavored Options:

- biPro Renew Whey, 23g 1 scoop –Lactose Free
- Isopure, 25g 1 scoop– Lactose Free
- GNC Pro Performance Whey, 24g 1 scoop
- Bulk Supplements Whey Protein Isolate

Approved Ready to Drink Options

Whey Protein Isolate

- Muscle Milk Pro Series Carton, 32g
- Muscle Milk 100 Calories Carton, 20g
- Pure Protein Complete Carton, 30g
- AdvantEDGE High Protein, 30g
- GNC Wheybolic, 40g
- Unjury, 20g

Protein Water: Lactose Free:

- Premier Protein Clear, 20g
- Protein 2.0 Clear, 15g
- Isopure Zero Carb, 40g
- biPro Clear, 20g

Whey Protein Concentrate

- Premier Protein, 30g
- Equate High Performance, 30g
- Quest Protein Shake, 30g
- Orgain Grass Fed, 26g

Suitable for Lactose Intolerance:

- Ensure MAX Protein, 30g
- Fairlife Core Power, 26g
- GNC Total Lean, 25g

Allowed Mix In Ideas: PB2/PBfit powder, unsweetened cocoa, powder, sugar-free extracts , sugar-free flavored syrups, spices (cinnamon, nutmeg, etc.), unsweetened almond/soy/coconut milk, lowfat milk

DO NOT ADD PEANUT BUTTER, SUGAR, HONEY, AGAVE, MAPLE SYRUP, OR FRUIT