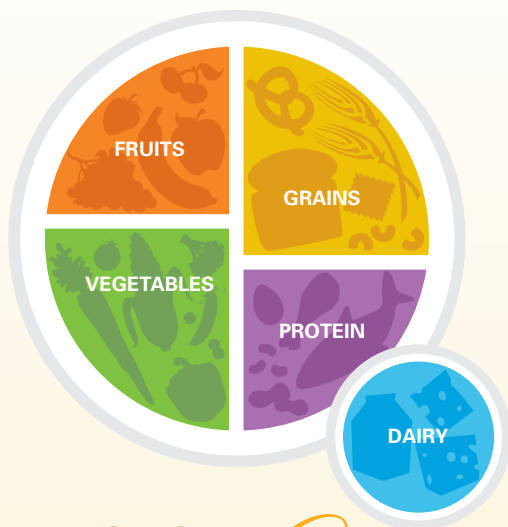




MIX UP YOUR PROTEINS

Your BEST SURGERY

If you would like to substitute foods, you can do this by selecting from the options listed here. You can meet the grams of protein per meal by increasing or decreasing your portion sizes. Actual protein amounts may vary depending on the product purchased.



PRE-SURGERY PROTEIN Goals



FEMALES
CONSUME AT LEAST 65-82 GRAMS OF PROTEIN PER DAY.



MALES
CONSUME AT LEAST 87-109 GRAMS OF PROTEIN PER DAY.

▶ MEAT & DAIRY PROTEINS	Serving Size	Protein (g)
Chicken breast, boneless/skinless or turkey	3 oz	21 (7 per oz)
Fish	4 oz	22 (5.5 per oz)
Pork, boneless/skinless	3 oz	21 (7 per oz)
Tuna, low sodium albacore white	3 oz	18 (6 per oz)
Ground sirloin (at least 90% lean)	3 oz	27 (9 per oz)
Egg, large whole	2	12
Egg whites, liquid	1 cup	26
Milk	1 cup	8
Cottage cheese	½ cup	15
Cheese, most other types	3 oz	21 (7 per oz)
Yogurt, regular or Greek	8 oz	8-13

▶ PLANT BASED PROTEINS	Serving Size	Protein (g)
Tofu	8 oz	20 (5 per 2 oz)
Soybeans	½ cup	14
Veggie or soy patty	1	11-20 (amounts vary by brand)
Soy milk	1 cup	8-11
Beans: kidney, black, garbanzo	1 cup	12
White beans	1 cup	18
Lentils	1 cup	18
Peanuts, almonds, pistachios	2 oz	12 (6 per oz)
Walnuts, cashews	3 oz	15 (5 per oz)
Peanut butter	2 Tbsp	8
Sunflower seeds	2 oz	11 (5.5 per oz)
Pumpkin seeds	2 oz	19 (9.5 per oz)
Broccoli	1 cup	4
Cauliflower	1 cup	2
Brussel sprouts	1 cup	5
Spinach	1 cup	6
Mushrooms	1 cup	3
Corn	1 cup	4
Zucchini	2 cups	3
Green or yellow beans	1 cup	2
Beets	1 cup	3
Green peas	1 cup	6
Baked potato, medium	1	3
Sweet potato, cubed	1 cup	3
Brown rice	1 cup	5
Whole wheat spaghetti	5 oz	8 (1.5 per oz)
Oatmeal	1 cup	6
Cream of wheat	1 cup	6
Muesli cereal mix	1 cup	8