

PROTEIN

A top-down view of various high-protein foods arranged on a dark, textured surface. The items include a large piece of salmon, several pieces of white chicken breast, two large shrimp, a bunch of fresh green parsley, a bunch of green onions, a bowl of green peas and red kidney beans, and several peanuts. The lighting is dramatic, highlighting the textures and colors of the ingredients.

HIGH
PROTEIN
FOODS
FROM
NUTRIENT
DENSE
SOURCES

banana
BARIATRICS

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Thank you for downloading our Protein Resource!

This resource will break down the protein content of nutrient dense whole foods from each of the major food categories. We've listed helpful bariatric reminders along the way. As always, be sure to prioritize protein first at every eating opportunity in order to help you reach your bariatric protein goals. Enjoy!

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HIGH PROTEIN FOODS

BEANS

- Lentils
- White beans
- Split peas
- Pinto
- Kidney beans
- Black beans
- Navy beans
- Chickpeas
- Lima beans
- Soy
 - Sprouts
 - Edamame
 - Tempeh
 - Firm tofu
 - Miso



NUTS & SEEDS

- Squash seeds
- Pumpkin seeds
- Peanuts
- Almonds
- Pistachios
- Sunflower seeds
- Flax seeds
- Chia seeds
- Walnuts
- Cashews
- Hemp



VEGETABLES

- Brussels sprouts
- Broccoli
- Asparagus



DAIRY

- Greek yogurt
- Cottage cheese
- Mozzarella cheese
- Cheddar cheese



MEAT

- Turkey breast
- Boneless, skinless chicken breast
- Skirt steak
- Ground beef
- Veal
- Lamb
- Pork



SEAFOOD

- Canned tuna
- Wild salmon
- Sardines
- Scallops
- Cod
- Halibut
- Tilapia
- Shrimp



EGGS

BARIATRIC GUIDE

BARIATRIC GOAL = 60-80g+ of protein daily

MEAT	Lean pork- Canadian bacon, ham, rib or loin chop/roast, tenderloin	7 grams per ounce
	Beef - ground (90/10); select or choice grades trimmed of fat: roast (chuck, round, rump, sirloin), steak (cubed, flank, porterhouse, T-bone), tenderloin	7 grams per ounce
	Beef jerky	7 grams per ½ ounce
	Poultry without skin- chicken, Cornish hen, domestic duck or goose, turkey, lean ground turkey	7 grams per ounce
	Lamb- chop, leg, or roast	7 grams per ounce
	Deli meat (ideally without antibiotics, nitrates, and nitrites) - turkey, ham, turkey pastrami, chipped beef Look for 3g of fat or less per ounce	7 grams per ounce
	Sausage with < 3g of fat per ounce	7 grams per ounce
	Veal - cutlet (without breading), loin chop, roast	7 grams per ounce
	Game - buffalo, ostrich, rabbit, venison	7 grams per ounce

BARIATRIC GUIDE

BARIATRIC GOAL = 60-80g+ of protein daily

LEGUMES / EGGS	Black beans, chickpeas/ hummus, kidney beans 1/2 cup = 15g carbs, 7g protein, 70 calories	7-9 grams per 1/2 cup cooked
	Hummus 1/3 cup = 5g fat, 15g carbs, 7 g protein, 145 calories	1/3 cup
	Lentils 1/2 cup = 15g carbs, 5g fat, 7g protein, 145 calories	9 grams per 1/2 cup cooked
	Tofu 1/2 cup = 0g carbs, 7g protein, 5g fat, 75 calories	7 grams per 4 oz (1/2 cup)
	Egg substitute, plain	7 grams per 1/4 cup
	Egg whites	2 egg whites per 7 grams
	Greek yogurt 2/3 cup = 12g carbs, 8g protein, 3g fat, 100 calories	8 grams per 6 oz (2/3 cup)
	Soft cheeses (mozzarella, camembert) 1 oz = 0g carbs, 7g protein, 5g fat, 75 calories	7 grams per oz
	Cheeses (cheddar, swiss, brie, parmesan) 1 oz = 0g carbs, 7g protein, 8g fat = 100 calories	7 grams per oz
	Ricotta cheese 2oz (1/4 cup) = 0g carbs, 7g protein, 5g fat, 75 cal	7 grams per 2oz
Cottage cheese 2oz (1/4 cup) = 0g carbs, 7g protein, 2g fat, 45 cal	7 grams per 2oz	

BARIATRIC GUIDE

BARIATRIC GOAL = 60-80g+ of protein daily

FISH & SEAFOOD	Catfish, cod, flounder, haddock, halibut, tilapia, trout	7 grams per ounce
	Salmon- fresh or canned	7 grams per ounce
	Sardines, canned	2 small sardines per one ounce (7 grams)
	Tuna, fresh or canned in water	7 grams per ounce
	Smoked herring or salmon (lox)	7 grams per ounce
	Shellfish- clams, imitation shellfish, lobster, scallops, shrimp	7 grams per ounce
	Oysters	7 grams per ounce (6 medium oysters)

BARIATRIC GUIDE

BARIATRIC GOAL = 60-80g+ of protein daily

NUTS & SEEDS	Nut butters (almond and peanut butter without added sugar) High fat: 8g fat per 1 T. and 100 calories	8 grams per 2 Tablespoons
	Almonds (plain) 6 nuts = 5g fat, 45 calories	8 grams per ¼ cup
	Peanuts (plain) 10 peanuts = 5g fat, 45 calories	9 grams per ¼ cup
	Cashews (plain) 6 nuts = 5g fat	5 grams per ¼ cup
	Sunflower seeds (plain) 1 Tablespoon = 5g fat	6 grams per ¼ cup
	Pumpkin seeds (plain) 1 Tablespoon = 5g fat	8 grams per ¼ cup
	Flax seeds 1/3 cup cooked = 15g carbs, 3g protein, 1g fat, 80 cal 1.5 Tablespoon = 5g fat.	8 grams per ¼ cup
	Quinoa Complete source of protein	8 grams per 1 cup

HIGH PROTEIN SNACK IDEAS

Pair 1-2 foods from the categories below for a nutrient dense, high-protein snack.

PROTEIN	FIBER	HEALTHY FAT
<ul style="list-style-type: none">• Hardboiled egg• 1oz low fat cheese• Greek yogurt• Lean deli meat (nitrite/nitrate free)• Tuna packets• Cottage cheese	<ul style="list-style-type: none">• Bell peppers• Carrots• Cucumbers• 1 slice of Ezekiel / sprouted grain bread	<ul style="list-style-type: none">• Nut butter (no sugar) 1-2 T• Nuts (plain) 1oz• Avocado (1/4)• Guacamole (2 T)• Seeds (chia/flax)• Hummus• Olives

IDEAS:

- Greek yogurt + 1T chopped nuts + berries (< 1/2 cup)
- 1T peanut butter (no sugar) on 1/2 banana or with 1 small apple
- Cheese stick rolled up in deli meat + yellow mustard
- Cottage cheese + mashed berries
- Hard boiled eggs cut in half and smeared with guacamole
- Raw vegetables dipped in greek yogurt dip or hummus

HEALTHY EATING REMINDERS:

- Eat protein first at every eating opportunity
- Eat every 3-4 hours
- Aim for 60 - 80g of protein daily
- Limit snacks and bars to < 200 calories, >3g of fiber, >10g protein, and < 8g of sugar per serving

ADDITIONAL RESOURCES

NEED HELP GETTING BACK ON TRACK?

At [Banana Bariatrics](#), we'll help you kickstart that "fresh bariatric mindset" again in order to feel re-motivated, confident, and successful with your tool... *regardless of how far out from surgery you are.*

WHAT IS BANANA BARIATRICS?

Banana is a small & intimate online bariatric support community focused on helping weight loss surgery patients navigate weight regain and general struggles after bariatric surgery. We offer weekly support groups, educational courses, and family-style friendships with others on a similar health journey.

SCAN ME



WE'RE ALSO ON SOCIAL MEDIA!

Facebook: [Bariatric Weight Loss Support Group](#)

Instagram: [@Banana.Bariatrics](#)

Email: info@bananabariatrics.com