

The texture of protein plays a big role in hunger control after surgery.

Note: Every bariatric program is different in how they progress the diet after surgery and what foods are in each stage.

### Types of Proteins

#### Liquid Protein



Protein shakes,  
protein waters

#### When to use:

While liquid protein is needed in the healing phases or in times of needing assistance reaching protein goals, it is best to move forward and get protein in foods!

The liquid nature of protein shakes mean they leave the pouch more quickly and hunger returns.

#### Soft Protein



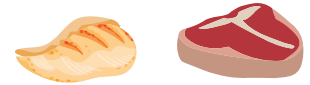
Greek yogurt, cottage cheese, scrambled eggs, refried beans, flakey fish, shaved deli meat, tuna salad, dark meat poultry

#### When to use:

Soft textured foods are great for introducing protein foods in the healing diet.

Beyond that phase, these foods are less ideal for hunger and portion control. Pair them with solid protein foods when approved to advance your diet.

#### Solid Protein



Chicken breast, hamburger patty, pork chop, pork tenderloin, steak

#### When to use:

Lean meats are more solid in texture and are recommended to fill the stomach pouch. You will feel satisfied with smaller portions, stay full longer and reach protein goals.

Once you are fully cleared for solid textured protein, plan your meals around them for best hunger control.

### Filling up on solid, hard protein



- Fills your pouch
- Keeps portion sizes smaller
- Keeps you fuller longer

#### TIPS

#### Maximize Surgery Pouch

- Take black bean sized bites
- Eat slowly
- Avoid liquids with meals and 30-60 minutes afterward

#### Struggling with Solid Proteins?

- Focus on very small bite sizes (think black bean size)
- Pause in between bites
- Listen to your natural stopping point (it should not be painful)



Scan here for more "Dos and Don'ts" of Protein