

Protein Content of Foods

Your goal after surgery is to strive for 65-75 grams of protein a day. Meats, poultry, fish, dairy and legumes are excellent sources of protein. Proteins are important for proper healing, but also to help you lose weight and maintain weight loss. Proteins fill you up and keep you satiated for several hours.

Fruits and vegetables provided very little protein, but do provide vitamins, minerals and antioxidants that our bodies need. Include these in your meals, after you have eaten your protein serving at that meal. Aim for at least one serving of protein at each meal.

Protein food:	Serving Size:	Protein grams:		Protein Food:	Serving Size	Protein grams
Chicken breast	3.5 oz	30 g		Eggs	1 large	6 g
Fish	3.5 oz	22 g		Low-fat milk	1 cup/8 oz	8 g
Pork	3.5 oz	22 g		Cottage Cheese	½ cup	15 g
Ham	3 oz	19 g		Light yogurt	4 oz	4-6 g
Hamburger	4 oz	28 g		Greek yogurt	4-6 oz	10-15 g
Steak/beef	3 oz	21 g		Cheese	1 oz	6-8 oz
Beans and legumes	4 oz	8 g		Peanut butter	2 Tbsp	8 g

Starches such as rice, pasta, potatoes and bread provide very little protein and will not keep you full. It is best to limit those choices. Remember that every bite you take counts. Food should provide you with protein, calcium, fiber or vitamins and minerals. If it doesn't, then it is only providing you with calories!