



Protein Supplements

Protein supplements are a great way to help boost your protein intake; however, there are some products that are more suitable to your needs than others. Obviously, protein is an essential piece of the puzzle, yet carbohydrates are where things can get tricky. The recommendations below will give you low carbohydrate options. However, you can also use the recommendations if you come across another brand that you'd like to try.

When choosing a protein shake or powder you want to get 20-30 grams of protein and 5 grams (or less) of net carbs per serving. Below are appropriate options for shakes and powders that you could add to your daily routine.

Net Carbs = Total Carbohydrate - Fiber - Sugar Alcohol

If using a powder, it is recommended that you use water or unsweetened almond milk as a base to keep net carbs low.

- Journeylite Physician
 - Healthwise Shakes; 15 grams protein with 6 net carbs
- FairLife Shakes
 - Core Power; 26 grams protein with 6 grams net carbs
 - Core Power Elite; 42 grams protein with 8 grams net carbs
 - Nutrition Plan; 30 grams protein with 3 grams net carbs
- Premier
 - Protein Shakes; 30 grams protein with 3 grams net carbs
 - Protein Powder; 30 grams protein with 3 grams net carbs in 2 scoops
- Owyn - plant based protein

- Protein Shake; 20 grams protein with 5 grams net carbs
- Pro Elite Shake; 32 grams protein with 0 grams net carbs
- High Protein Complete Nutrition; 26 grams protein with 0 grams net carbs
- Pro Elite Powder; 30 grams protein with 3 grams net carbs
- Protein Powder; 20 grams protein with 7 grams net carbs
- Atkins
 - PLUS; 30 grams protein with 2 grams net carbs
 - MEAL; 23 grams protein with 4 grams net carbs
 - ICED COFFEE; 15 grams protein with 2 grams net carbs
 - CLASSIC; 15 grams protein with 2 grams net carbs
- Quest
 - Protein powders; flavors vary in protein and net carb content. All flavors are appropriate
 - Shakes; 30 grams protein with 3-4 grams net carbs
- Orgain
 - PROTEIN SHAKE; 30 grams protein with 5 grams net carbs
 - Collagen peptide; 19 grams protein with 0 grams net carbs
 - *Any Orgain products, other than these 2 products, are too high in net carbs to be considered appropriate for bariatric patients.*