

You'll find a wide variety of nourishing protein drinks available at chemists, supermarkets and online. After surgery, some products are more suitable than others so check the nutrition panel*.

The table below highlights product differences to help you find some good choices.

* The **VLED product list** has some good protein choices too.

1. Choose **high protein** choices for all meals & snacks 2. Choose **low carb drinks** to prevent gastrointestinal upset
HIGH PROTEIN = 5 g (or more) in 100 ml **LOW CARBOHYDRATE = 8 g (or less) in 100 ml**

Hitting your daily protein target helps you have good energy levels and healthy muscles.

When it's hard to eat enough these drinks are useful to help you "cheat" the surgery to hit your daily protein target.

	LOOK FOR 5 or more	SERVE FOR 10 g protein	9 or more can upset your GI	
Medically formulated nutritional supplements available from chemists & your dietitian	g protein in 100 ml	10 g of protein =	g carb in 100 ml	Total protein
Abbott Nutrition Ensure plus (200 ml)	6	160 ml	20	13
Formulite meal replacement shakes (55 g powder / 300 ml serve)	12	80 ml	4	36
Formulite lupin soups ¹ *** beef and chicken	7	140 ml	< 1	22
(38 g powder makes 300 ml) vegetable	4	240 ml	< 1	13
Optifast milkshakes and soups (53g sachet)	8	120 ml	8	20
Optifast protein plus (63 g sachet)***	12	90 ml	8	28
Nestle Health Science Resource protein (200 ml)***	9	110 ml	14	19
Sustagen diabetic (237 ml)	5	230 ml	10	11
Ready to drink choices (at supermarkets)				
Atkins Plus Protein lo carb (400 ml)	6	160 ml	< 1	25
Aussie Bodies lo carb lean protein shake (375 ml)	8	125 ml	2	31
Crankt protein shake (375 ml)	5	190 ml	2	20
Danone YoPro Yoghurt Drink (150 ml)	10	100 ml	5	15
Musashi muscle recovery drink (375 ml)	9	115 ml	4	33
Paul's Zymil Chocolate milk (400 ml)**	3	300 ml	8	13
Rokeby Farms Whole protein breakfast smoothie (425 ml)***	7	140 ml	7	30
Sanitarium Up & go protein energize (250 ml)	7	150 ml	10	17
Powders to mix (from supermarkets & supplement suppliers) when mixed with water as per instructions				
Aldi slim & trim shake (55 g sachet / 300 ml serve)	6	160 ml	8	18
Aussie Bodies nourish protein (330 g tub / 30 g per serve)	6	160 ml	1	17
Celebrity Slim rapid shake (55 g sachet)	6	160 ml	9	19
Mushashi P30 protein powder (900 g tub / 45 g per serve)	5	190 ml	2	20
YouFoodz vanilla natural protein powder (600 g pack / 30 g per serve)	6	170 ml	< 1	21
Protein waters (from supermarkets & supplement suppliers)				
Bodiez protein water (500 ml)**	6	170 ml	< 1	30
Feel Good or Protein Perfection protein water (2 scoops)**	add to water		1	15

For simplicity all amounts have been rounded to the closest whole number

¹ The high protein lupin in these soups does not dissolve well so wait until your 3rd post op week before introducing this product

* If you have a food allergy or intolerance always check the label for allergy alerts as ingredients can change without notice

** lactose free *** low in lactose

Disclaimer: In the absence of robust science recommendations are based on best available evidence and expert opinion.

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