

# Regional Weight Management Center

June 2010 Newsletter

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## PROTEIN

Protein is a necessary component of the human body. It helps to preserve muscle tissue and aid in wound healing. Protein is also important in hair and nail growth. Because your body does not store protein, it must be consumed daily. The very small capacity of your stomach makes it difficult to meet your daily requirements unless you plan carefully.

It is strongly recommended that you eat all the protein items first at your meals. Then go on to eat your fruits, vegetables, and grains. The type of protein you choose is also important.

Protein is found in many foods, Meat, poultry, seafood, eggs, and fish are not only excellent sources of protein, but also good sources of iron, zinc, and essential amino acids. Iron is important for carrying oxygen in the blood. Both iron and zinc help strengthen the immune system.

Legumes are a great source of protein and carbohydrates, but they are poor sources of iron. Nuts and cheese are protein rich, but a lot of fat lurks in nuts and hard cheeses.

You should aim to include 1-2 ounces of protein at each of your meals. Red meats and pork are usually not well tolerated the first 3-6 months after surgery due to in-adequate acid in the small stomach. As you begin tolerating more foods, use the following chart to determine if you're meeting the 60 grams recommended (70-80 grams for men and women over 5'6").

### Protein Content of Selected Foods:

Amount	Food	Grams of Protein
8 oz.	Skim milk of "light" yogurt	9
1 (1/4 c.)	egg (egg substitute)	7
1 oz.	Lean turkey, chicken, fish, beef, pork (cooked)	7
1/4 c.	Tuna or ground meat/poultry	7
1/4 c.	Nonfat/low-fat cottage cheese	7
1 oz.	Nonfat/low-fat cheese	7
1/4 c.	Mashed kidney beans, pinto beans, lentils	3
1/4 c.	Low-fat Tofu or prepared textured soy protein	5
8 oz.	Soy Milk	7
1 oz.	Soy cheese	5
1 pkt.	Sugar free hot chocolate with 6 oz. skim milk	10

### Ways to Add More Protein to Your Diet:

Add nonfat milk, nonfat evaporated skim milk, or nonfat dry milk powder to soups, hot cereal, casseroles, breads, muffins, sauces, mashed potatoes, sugar-free puddings and custards.

Add chopped, minced or pureed meat or fish to casseroles, soups, omelets, potatoes, and sauces.

Mash cooked beans/legumes with low-fat cheese and milk.

Add wheat germ to casseroles, breads, muffins. Sprinkle on fruit, cereal, or yogurt.

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