

Roger Williams Life Changers

Weight loss for a healthy life

Want the latest news and information from our program?

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**Roger Williams
Medical Center Weight
Loss Surgery**



Protein POWER

Protein is a nutrient found in common foods like: meat, poultry, fish, eggs, beans, soy products, yogurt, milk and cheese. These foods are important to eat every day to grow and protect your muscles, bones, hair, skin, nails and blood vessels. Protein foods can help you to stay full and avoid over eating between meals.

After weight loss surgery (and for the rest of your life!), you will need to consume at least 60g of protein per day. (80-100 g of protein per day for people who have had the Duodenal Switch “DS” or SADI-S surgery.) When choosing protein foods, avoid: fried and breaded meats and fish, whole milk, cream, fatty cold cuts and processed meats (sausage, bacon, etc.). Here’s examples of protein foods that can be part of a healthy meal plan after weight loss surgery:

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Roger Williams
MEDICAL CENTER



A Better Way to Better Health Care

Announcements

- Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.

Upcoming WLS Support Groups:

Due to new hospital guidelines regarding Covid, we will be continuing our support groups online.

4th Thursday of the month at 5:00-6:00 pm with
Diana Beaton RDN

February 24, 2022

March 24, 2022

April 28, 2022

1st Thursday of the month at 7:00-8:00 pm with
Carmen Diaz-Jusino

March 3, 2022

April 7, 2022

May 5, 2022

To join a support group, please email Diana at diana.beaton@chartercare.org You will receive a link to join the call. You can also join the call by phone. See our website www.loseweightri.org under “Patient Resources” for updated information on our support groups. We welcome people to join the call who have had surgery already and also for those who are pre-surgery or still deciding.

FOOD ITEM	AMOUNT	PROTEIN (grams)	CALORIES
Skim milk	8 oz	8	90
Protein-fortified Milk, i.e., Fairlife fat-free, 1%, 2%	8 oz	13	80, 100, 120
Protein shake (varies by brand)	11 oz	15-30	100-160
Egg	1 large	6	77
Cottage cheese, 1% fat	1/2 cup	14	82
Yogurt, Greek	5-6 oz	14	110-130
Tofu, firm or softened	3oz	8	80
Low-fat or part-skim cheese (cheddar or mozzarella)	2 oz	15	100
Cod or Haddock, baked or roasted	3 oz	20	90
Tuna or salmon, canned, drained	3oz	20	112
Chicken or turkey breast, roasted	3oz	23	130
Ground turkey, lean	3oz	16	130
Ground beef, lean	3oz	20	200
Hemp seeds, raw	1 Tbsp.	10	180

If you would like to learn more or need some new ideas for preparing protein foods, please call to schedule an appointment with your dietitian. Or come to one of our support groups to talk with a dietitian.



Almond Butter & Banana Protein Smoothie

Makes 1 3/4 cup servings

Ingredients:

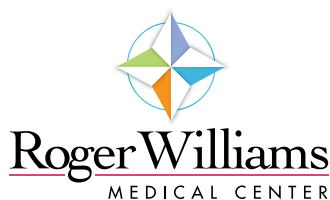
- 1 small frozen banana
- 1 cup unsweetened almond milk
- 2 tablespoons almond butter
- 2 tablespoons unflavored protein powder
- non-calorie sweetener of your choice (optional)
- ½ teaspoon ground cinnamon
- 4-6 ice cubes

Directions:


Combine all ingredients in a blender and blend until smooth.

Nutrition Facts:

- Serving Size: 1 cup
- 230 calories; protein 11g; carbohydrates 21g; dietary fiber 5g.



Stay Connected!

 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip or recipe to share. Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org