

9 LEAN HIGH PROTEIN FOOD SOURCES



after bariatric surgery

The amount of protein can differ per brand – these numbers are based on averages. Not everyone will tolerate all mentioned food sources. Always consult your dietitian.

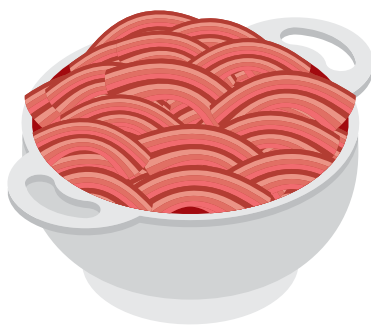
Chicken breast

1/4 chicken breast
= 13 g of protein



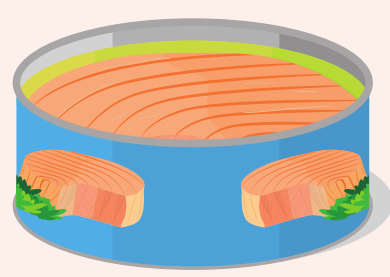
Lean ground beef

1 oz = 8 g protein



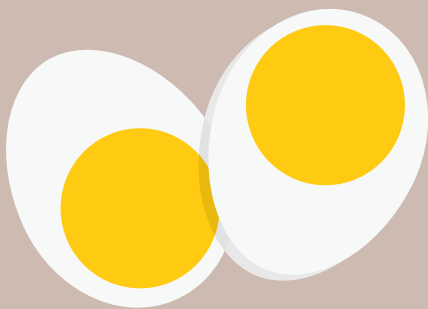
(canned) Tuna

1 oz = 8 g of protein



Eggs

1 large egg = 6 g of
protein



Yoghurt

2 oz = 6 g of
protein



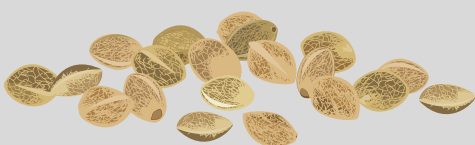
Tofu

1 oz = 2.5 g of
protein



Hemp seeds

1 tablespoon = 9.5 g
of protein



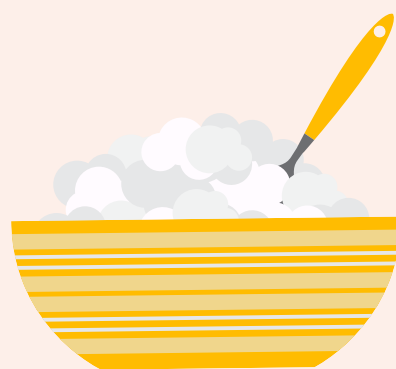
Beans

1/4 cup = 5 g of
protein



Cottage cheese

1/4 cup = 7 g of
protein



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