

## PROTEIN READY-TO-DRINK SUPPLEMENT OPTIONS

When selecting a ready-to-drink protein product after bariatric surgery choose a product that contains more protein and less sugar to reach your daily protein goal, promote healthy weight loss and help prevent stomach discomfort. The tables below contain good options for both whey and plant-based protein products.

### GENERAL GUIDELINES FOR PROTEIN RTD PRODUCTS:

- **AT LEAST 20-30 grams of PROTEIN**
- **LESS THAN 10 grams of SUGAR**
- **LESS THAN 5 grams of FAT**

Whey-Based Protein RTD Options		
Product	Nutrition Facts Per Serving	Where to Buy
<b>Iconic Protein RTD</b> 	<b>140 Calories</b> <b>20 g Protein</b> <b>0 g Sugar</b> <b>4 g Fiber</b> <b>3 g Fat</b> <b>Serving = 11.5 oz</b> <b>Lactose Free!</b>	Walmart Supercenter Drink Iconic Website Amazon Vitacost
<b>Fairlife Core Power Elite RTD</b> 	<b>240 Calories</b> <b>42 g Protein</b> <b>7 g Sugar</b> <b>3 g Fiber</b> <b>3.5 g Fat</b> <b>Serving = 14 oz</b> <i>*Lactose free!</i>	Harris Teeter SuperTarget (sports drink sections) Amazon
<b>Muscle Milk Pro Series Protein RTD</b> 	<b>160 Calories</b> <b>32 g Protein</b> <b>1 g Sugar</b> <b>4 g Fiber</b> <b>2 g Fat</b> <b>Serving = 11 oz</b>	Walmart Supercenter SuperTarget Amazon Muscle Milk Website Vitacost
<b>Premier Protein RTD</b> 	<b>160 Calories</b> <b>30 g Protein</b> <b>1 g Sugar</b> <b>2-3 g Fiber</b> <b>3 g Fat</b> <b>Serving = 11 oz</b>	Walmart Supercenter Harris Teeter Food Lion Walgreens CVS Costco Amazon

## Whey-Based Protein RTD Options – Continued


Product	Nutrition Facts Per Serving	Where to Buy
<b>Pure Protein RTD</b> 	<b>140 Calories</b> <b>30 g Protein</b> <b>&lt; 1 g Sugar</b> <b>4 g Fiber</b> <b>2 g Fat</b> <b>Serving = 11 oz</b>	Walmart Supercenter Amazon
<b>Quest Protein RTD</b> 	<b>160 Calories</b> <b>30 g Protein</b> <b>1 g Sugar</b> <b>1 g Fiber</b> <b>3.5 g Fat</b> <b>Serving = 11 oz</b>	Walmart Supercenter SuperTarget Vitamin Shoppe GNC Amazon Quest Website
<b>Equate Protein RTD</b> 	<b>160 Calories</b> <b>30 g Protein</b> <b>1 g Sugar</b> <b>2 g Fiber</b> <b>3 g Fat</b> <b>Serving = 11 oz</b>	Walmart Supercenter
<b>Ensure Max Protein RTD</b> 	<b>150 Calories</b> <b>30 g Protein</b> <b>1 g Sugar</b> <b>2 g Fiber</b> <b>1.5 g Fat</b> <b>Serving = 11 oz</b>	Walmart Supercenter SuperTarget Harris Teeter Food Lion Walgreens CVS Rite Aid
<b>Fairlife Core Power RTD</b> 	<b>150 Calories</b> <b>30 g Protein</b> <b>2 g Sugar</b> <b>1 g Fiber</b> <b>2.5 g Fat</b> <b>Serving = 11.5 oz</b> <i>*Lactose free!</i>	Walmart Supercenter Harris Teeter Amazon Target Costco/BJs/Sam's Club

## Whey-Based Protein RTD Options – Continued




Product	Nutrition Facts Per Serving	Where to Buy
<b>Muscle Milk Genuine Protein RTD</b> 	<b>160 Calories</b> <b>25 g Protein</b> <b>0 g Sugar</b> <b>4 g Fiber</b> <b>4.5 g Fat</b> <b>Serving = 11 oz</b>	Walmart Supercenter SuperTarget Amazon Muscle Milk Website
<b>Lean Shake 25 Protein RTD</b> 	<b>170 Calories</b> <b>25 g Protein</b> <b>2 g Sugar</b> <b>3 g Fiber</b> <b>6 g Fat</b> <b>Serving = 14 oz</b>	GNC Amazon
<b>Optimum Nutrition Protein RTD</b> 	<b>160 Calories</b> <b>24 g Protein</b> <b>2 g Sugar</b> <b>2 g Fiber</b> <b>4.5 g Fat</b> <b>Serving = 11 oz</b>	GNC Optimum Nutrition Website Target Walmart
<b>Unjury Protein RTD</b> 	<b>110 Calories</b> <b>20 g Protein</b> <b>2 g Sugar</b> <b>0 g Fiber</b> <b>1.5 g Fat</b> <b>Serving = 8.5 oz</b>	Unjury Website
<b>Advocare Protein RTD</b> 	<b>140 Calories</b> <b>20 g Protein</b> <b>7 g Sugar</b> <b>2 g Fiber</b> <b>2.5 g Fat</b> <b>Serving = 8.5 oz</b>	Advocare Website

## Clear Protein RTD Options

Product	Nutrition Facts Per Serving	Where to Buy
<b>Bodytech Isotech 42 Protein RTD</b> 	<b>190 Calories</b> <b>42 g Protein</b> <b>1 g Sugar</b> <b>0 g Fiber</b> <b>0 g Fat</b> <b>Serving = 20 oz</b>	<b>Vitamin Shoppe</b>
<b>Isopure Zero Carb 40 Gram Protein RTD</b> 	<b>160 Calories</b> <b>40 g Protein</b> <b>0 g Sugar</b> <b>0 g Fiber</b> <b>0 g Fat</b> <b>Serving = 29 oz</b>	<b>Vitamin Shoppe</b> <b>GNC</b> <b>Amazon</b> <b>Isopure Website</b>
<b>Isopure Zero Carb 20 Gram Protein RTD</b> 	<b>80 Calories</b> <b>20 g Protein</b> <b>0 g Sugar</b> <b>0 g Fiber</b> <b>0 g Fat</b> <b>Serving = 16 oz</b>	<b>Vitamin Shoppe</b> <b>GNC</b> <b>Amazon</b> <b>Isopure Website</b>
<b>Premier Protein Clear RTD</b> 	<b>90 Calories</b> <b>20 g Protein</b> <b>0 g Sugar</b> <b>0 g Fiber</b> <b>0 g Fat</b> <b>Serving = 16.9 oz</b>	<b>Walgreens</b> <b>Amazon</b> <b>Premier Protein Website</b>
<b>Protein2o Protein Infused Water RTD</b> 	<b>60-90 Calories</b> <b>15-20 g Protein</b> <b>0 g Sugar</b> <b>0 g Fiber</b> <b>0 g Fat</b> <b>Serving = 16.9 oz</b>	<b>Walmart Supercenter</b> <b>Sam's Club</b> <b>CVS</b> <b>Amazon</b>

Plant-Based RTD Protein Options		
Product	Nutrition Facts Per Serving	Where to Buy
<b>Evolve Plant-Based Protein RTD</b> 	<b>160 Calories</b> <b>20 g Protein</b> <b>4 g Sugar</b> <b>1 g Fiber</b> <b>2.5 g Fat</b> <b>Serving = 11 oz</b> <i>*Dairy-Free Pea Protein</i>	Harris Teeter Sprouts Walgreens Amazon Evolve Website
<b>Orgain Organic Vegan Protein RTD</b> 	<b>150 Calories</b> <b>20 g Protein</b> <b>7 g Sugar Alcohol</b> <i>(as erythritol)</i> <b>7 g Fiber</b> <b>5 g Fat</b> <b>Serving = 14 oz</b> <i>*Dairy-Free Pea Protein</i>	Vitamin Shoppe Whole Foods Sprouts Amazon
<b>Owyn Vegan Plant-Based Protein RTD</b> 	<b>180 Calories</b> <b>20 g Protein</b> <b>4 g Sugar</b> <b>5 g Fiber</b> <b>7 g Fat</b> <b>Serving = 12 oz</b> <i>*Dairy-Free Pea &amp; Pumpkin Seed Protein</i>	Vitamin Shoppe Harris Teeter Whole Foods Sprouts Walgreens
<b>Garden of Life Plant-Based Protein RTD</b> 	<b>190 Calories</b> <b>21 g Protein</b> <b>8 g Sugar Alcohol</b> <i>(as erythritol)</i> <b>5 g Fiber</b> <b>8 g Fat</b> <b>Serving = 14 oz</b> <i>*Dairy-Free Pea Protein</i>	Vitamin Shoppe Whole Foods Sprouts
<b>Aloha Protein RTD</b> 	<b>170 Calories</b> <b>20 g Protein</b> <b>5 g Sugar</b> <b>3 g Fiber</b> <b>5 g Fat</b> <b>Serving = 8.5 oz</b> <i>*Dairy-Free Pea and Brown Rice Protein Blend</i>	Aloha Website Vitacost Walmart

## Savory RTD Protein Option

Product	Nutrition Facts Per Serving	Where to Buy
<p>Swanson Chicken Bone Broth RTD</p> 	<p>45 Calories  9 g Protein  &lt; 1 g Sugar  0 g Fiber  0.5 g Fat  Serving = 10.75 oz</p> <p><i>*add unflavored protein powder for more protein</i></p>	<p>Walmart Supercenter  Harris Teeter  SuperTarget  Food Lion</p>
<p>Kitchen Basics Beef Bone Broth RTD</p> 	<p>50 Calories  10 g Protein  &lt; 1 g Sugar  0 g Fiber  1 g Fat  Serving = 8.25 oz</p> <p><i>*add unflavored protein powder for more protein</i></p>	<p>Harris Teeter  Amazon</p>
<p>Pacific Foods Organic Turkey Bone Broth RTD</p> 	<p>50 Calories  9 g Protein  0 g Sugar  0 g Fiber  1.5 g Fat  Serving = 8 oz</p> <p><i>*add unflavored protein powder for more protein</i></p>	<p>Amazon  Pacific Foods Website</p>