

Vegetarian and Vegan/Plant-Based Options

Going vegetarian or vegan after weight loss surgery OR incorporating more “plant-based” proteins can be done, but you must make sure you’re getting GOOD sources of protein! Here are some sources of protein to include in every meal (tip: include at least 3 sources of protein per day to reach your daily goals).

Vegetarian Protein Sources

Eggs/Egg Beaters

- 1 egg = 6 grams protein
- 3 tbsp Egg beaters = 5g protein
- TIP: add 1 ounce of cheese or ½ cup cottage cheese for more protein

Dairy

- 1 serving of Greek yogurt = ~10-17g protein
- ½ cup cottage cheese = ~14g protein
- 1 ounce ANY regular cheese = ~ 7-9g protein
- String cheese, Baby Bell = ~7g protein
- 1 cup plain Low-fat Kefir = 10g protein



Reminder: Dairy contains natural sugars. When selecting a dairy product, choose something with less than 15g sugar per serving.



Vegetarian and Vegan/Plant-Based Options

Vegan/Plant Based Protein Sources

Food	Serving	Protein
Tofu	3.5 oz	~8g
Tempeh	3 oz	~15g
TVP	¼ cup	~13g
Seitan	2 oz	18g
Just Egg	3 tbsp	6g
Soy milk	1 cup	~8g
Edamame	½ cup	~9g
Edamame Pasta	2 oz dry (before cooking)	~25g
Premade Soy/Veggie Burgers and products (ground “meats,” patties, “bacon,” “sausage,” etc.)	Varies	Varies but ranges from 8-20g protein per burger
Quinoa*	1 cup cooked	~8grams
Nuts**	1 ounce	~6-8g
Beans***	½ cup cooked	~7-9g

***Quinoa:** primarily carbohydrates, but also contains some protein – stick to one serving (1/4 cup).

****Nuts:** provide some protein but they are higher in fat/calories – stick to one serving (1/4 cup). Nuts are not a complete protein; they don’t contain all essential amino acids to build muscle (must have some grains during the day to make a complete protein).

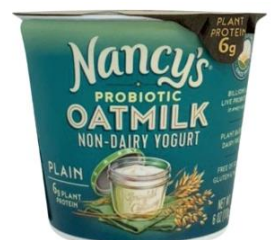
*****Beans:** primarily carbohydrates but also contain some protein – stick to one serving (1/2 cup or less). Beans are not a complete protein; they don’t contain all essential amino acids to build muscle (must have some grains during the day). Beans includes: black beans, kidney beans, chickpeas/garbanzo, lentil, pinto, etc. DOES NOT include: green beans.

Vegetarian and Vegan/Plant-Based Options

Greek Yogurt Brands (pick brands with less than 15g sugar, can also choose regular yogurt instead of Greek but keep in mind it will contain less protein)



Non-Dairy Yogurt Brands with less than 15g sugar



Vegetarian and Vegan/Plant-Based Options

Examples of Vegetarian Options and Protein Content



1 Egg
6 grams



Greek Yogurt
12+ grams



String Cheese
7 grams



1/2 cup Cottage cheese
14 grams



1 cup
Quinoa
8 grams



1 ounce
Almonds
6 grams



3 ounces
Tofu
7 grams



4 ounces
Veggie Burger
7-20 grams



1/2 cup
Edamame
9 grams



1/2 cup
Black Beans
7 grams



3.5 ounces
Tempeh
19 grams



1 cup
Soy Milk
8 grams

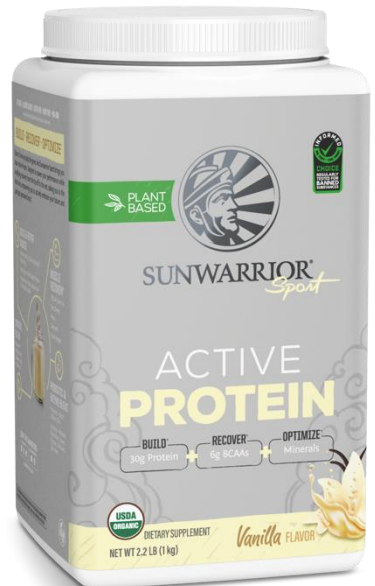
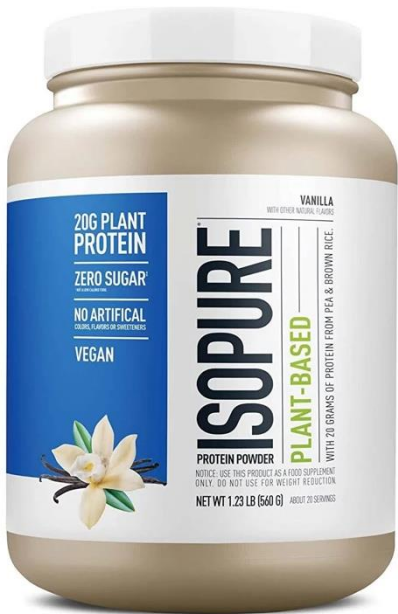
TIP: Combine items to increase the total amount of protein and possibly make it a complete protein! Some vegan sources of protein do not contain a complete source of protein – if you combine more than one type, or combine with whole grains, you increase your chances of getting in all the components you need!

EXAMPLES:

- Top your Greek Yogurt with 1 ounce of Almonds
- Combine quinoa and black beans
- Ground seitan and kidney beans

Vegetarian and Vegan/Plant-Based Options

Vegan/Plant Based Protein Supplement Examples



Vegetarian and Vegan/Plant-Based Options

Tofu and Tempeh brands; Soy milk; Crumbles, Plant-Based Burgers and Other Products



Reminder: Not all vegetarian/vegan options are gluten-free. If you have any allergies, be sure to always read the ingredient label carefully and check for allergens!

GBMC's Comprehensive Obesity Management Program

www.gbmc.org/compbinder

Make an appointment with your dietitian at any time by calling 443-849-3779