



JOHNS HOPKINS M E D I C I N E

Suggested Protein Supplements

Choose supplements that provide **100-200 calories, 20-30 grams of protein, and less than 5 grams of sugar** per standard serving. A good supplement will provide at least **15 grams of protein per 100 calories**.

Supplement (serving size)	Calories	Protein (grams)	Sugar (grams)	Protein Source	Other	Where to Purchase
Ready to Drink (RTD)						
Elevation High Performance Protein Shake (11 fl oz)	160	30	1	Milk	GF Kosher	Aldi, online
Ensure Max (11 fl oz)	150	30	1	Milk	GF/LF Kosher	CVS, Rite Aid, Shopper's, Target, Walgreen's, Walmart, Weis, online
Equate High Performance (11 fl oz)	160	30	1	Milk	GF Kosher	Walmart, online
Fairlife Nutrition Plan (11.5 fl oz)	150	30	2	Milk	GF/LF Kosher	BJ's, Sam's Club, online
GNC Lean Shake 25 (14 fl oz)	170	25	2	Milk	LF	GNC, online
Orgain Organic Protein Nutritional (14 fl oz)	150	26	1	Milk	GF Kosher	Costco, Rite Aid, Safeway, Target, Vitamin Shoppe, Walgreen's, Whole Foods, online
Orgain Organic Protein Vegan (14 fl oz)	150	21	0	Pea	GF/LF Kosher	Costco, Rite Aid, Safeway, Target, Vitamin Shoppe, Walgreen's, Whole Foods, online
Premier Protein (11 fl oz)	160	30	1	Milk	GF Kosher	BJ's, Costco, CVS, Sam's Club, Food Lion, Giant, Harris Teeter, Rite Aid, Safeway, Target, Walgreen's, Walmart, 7 Eleven, online
Pure Protein Shake (11 fl oz can)	150-170	35	1	Milk	GF	Costco, Sam's Club, BJ's, Giant, Safeway, Vitamin Shoppe, Walmart, online
Complete Shake (11 fl oz)	140	30	<1			
Quest (11 fl oz)	160	30	1	Milk	GF Kosher	CVS, Giant, Target, Vitamin Shoppe, Walmart
Unjury (8.5 fl oz)	110	20	2	Milk	Kosher	Unjury.com, online

GF= Gluten Free LF= Lactose free * Unflavored available

Supplement (serving size)	Calories	Protein (grams)	Sugar (grams)	Protein Source	Other	Where to Purchase
Ready to Drink (RTD) Clear Liquid						
About Time ProHydrate (12 oz fl oz)	95	20	3	Whey Isolate	GF/LF	GNC, Vitamin Shoppe, Target, online
Cocotein (16 fl oz)	100	20	5	Whey Isolate	LF	GNC, Vitamin Shoppe, online
Isopure Zero Carb (20 fl oz)	160	40	0	Whey Isolate	LF	Vitamin Shoppe, GNC, online
Ready Protein Water			0	Whey Isolate	GF/ K kosher	Sam's Club
Premier Clear Protein (16.9 fl oz)	90	20	0	Whey Isolate	LF	Costco, Giant, Rite Aid, Sam's Club, online
Protein2O Protein Infused Water (16.9 fl oz)	60-70	15	0	Whey Isolate	GF/LF K kosher	Costco, CVS, Rite Aid, Safeway, Sam's Club, Walmart, online
Plant Protein Water (11 fl oz)	80	15	0	Pea		
Ascent Recovery Water (16.9 fl oz)	100	20	2	Whey Isolate	GF/LF	Sprouts, Target, Vitamin Shoppe, Wegmans, online
trusource Protein Water (16 fl oz)	80	20	0	Whey Isolate	LF	Kroger, Target, Walgreens, online

Supplement (serving size)	Calories	Protein (grams)	Sugar (grams)	Protein Source	Other	Where to Purchase
Powder						
Bariatric Advantage High Protein Shake Mix (2 scoops)	100	20	1	Whey Isolate	GF LF	bariatricadvantage.com, online
Body Fortress Super Adv. Whey Isolate (1 scoop)	140	30	1	Whey Isolate	GF LF	Walmart, Walgreens, CVS, Giant, online
Celebrate ReBuild* (2 scoops)	90-130	20	1	Whey Isolate		JHBMC Pharmacy, celebratevitamins.com, online
Designer Whey (1 scoop)	100	20	2	Whey	GF K kosher	Safeway, Trader Joe's, GNC, Vitamin Shoppe, Rite Aid, Target
Dymatize 100% Whey Isolate Iso 100 (1 scoop)	110-120 110-120	25 25	<1 <1	Whey Isolate	GF/LF	GNC, Sam's Club, Target, Vitamin Shoppe, Walmart, online
EAS 100% Whey (2 scoops)	170	30	2	Whey	K kosher	CVS, Giant, Harris Teeter, Rite Aid, Shopper's, Target, Walgreen's, Walmart, online
Elevation by Milville (1 scoop)	170	30	2	Whey		Aldi, online

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Supplement (serving size)	Calories	Protein (grams)	Sugar (grams)	Protein Source	Other	Where to Purchase
Powder						
GNC 100% Whey Protein* 100% Whey Isolate (1 scoop)	130 130	24 28	2 2	Whey Whey Isolate	Kosher	GNC, online
Iconic Protein * (1/3 cup)	90	20	0	Milk Grass-fed	GF Kosher	CVS, Harris Teeter, Vitamin Shoppe, Wegmans, online
Isopure Low Carb Zero Carb Whey Protein Isolate * (1 scoop)	105 105 110	21 25 26	1 0 0	Whey Isolate	GF/LF	GNC, Vitamin Shoppe, online
Jay Robb Egg White Protein * Whey Protein (1 scoop)	120 110	24 25	0 0	Egg Whey Isolate	GF/LF	GNC, Vitamin Shoppe, Whole Foods, jayrobb.com, online
SEI Performance Series Max Protein (1 scoop)	126	22	3	Milk	GF	GNC, seinutrition.com
Nutiva Hemp Protein (3 tbsp)	90	15	1	Hemp	GF Kosher	Whole Foods, nutiva.com
Orgain Organic Protein (2 scoops)	150	21	1	Brown Rice, Hemp, Chia, Pea	GF/LF Kosher	Costco, CVS, Harris Teeter, Target, Vitamin Shoppe, Walmart, Whole Foods, online
Premier Protein (1 scoop)	150	30	1	Whey	GF	Costco, Sam's Club, BJ's, Giant, Safeway, Food Lion, Walmart, online
Pure Protein Natural Whey Protein (1 scoop)	130	23	3-5	Whey	GF	BJ's , Costco, Sam's Club, CVS, Giant, Safeway, Target, Walgreen's, Walmart, Vitamin Shoppe
Quest (1 scoop)	100	20	0	Milk Whey Isolate	Kosher	GNC, Vitamin Shoppe, Walmart, online
Revival Soy Shakes (low sugar or sugar free) * (1 packet)	120	20	1	Soy	GF Kosher	revivalsoy.com
Sunwarrior Protein * Vegan Plant Based (1 scoop)	70 84	16 16	0 3	Brown Rice Pea/Cran/ Hemp	GF	purestcolloids.com/sun- warrior.php, online
Syntrax Nectar * Nectar Naturals (1 scoop)	100 90	24 20	0 0	Whey Isolate	GF/LF	Vitamin Shoppe, si03.com, online
Unjury * (1 scoop)	100	21	2	Whey Isolate	LF Kosher	unjury.com, online
Vega Clean (1 scoop)	130	25	0	Pea/Hemp/ Pumpkin seed/Alfalfa	GF	CVS, Giant, Harris Teeter, Safeway, Target, Whole Foods, online

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Protein powder tips:

- Mix with skim or 1% milk, unsweetened soy milk, unsweetened almond milk, water or sugar free beverages with 10 calories or less per serving. If mixed with cow milk or soy milk this increases the total protein intake (1 oz = 1 gram protein).
- Add to foods. Small amounts mixed into foods throughout the day can increase overall protein intake another 20-30 grams by the day's end, if a full serving is used.

The information contained on this handout is presented for general information purposes only and is subject to change by third parties. The hospital does not recommend any particular vendor, product or service. Other vendors, products and services may be available from persons not on this list. Nothing contained on this handout should be construed nor is intended to be used for medical diagnosis or treatment. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program.

Visit the Johns Hopkins Center for Bariatric Surgery website for an electronic version of this handout and others.
<https://www.hopkinsmedicine.org/bariatrics/nutrition-resources.html>

**For more information, please contact your Nutrition Department:
Johns Hopkins Bayview Medical Center Clinical Nutrition Department at 410-550-0311
Sibley Center for Weight Loss Surgery Outpatient Nutrition at 202-243-2349**