

# NICHOLAS T. HADDOCK, M.D.

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## Protein Supplement Information

Increasing **protein** in your diet will help regenerate, build, repair healthy tissue and aid in wound healing. This is very important as you prepare for your surgery.

How much protein should you add to your diet:

Take 50% of your weight and add 20 grams

Example: 150 lbs (50% is 75) and add 20 = 95 grams/day

- Begin at least 1 to 2 weeks prior to your surgery
- Continue at least 2 to 4 weeks after surgery
- Make sure every meal or snack includes a good source of protein

Here is a list of foods high in **protein** you can choose from:

Beef: 4 oz. hamburger (28 g), 6 oz. steak (42 g), most cuts of beef (7 g/ounce)

Chicken: 3.5 oz. breast (30 g), thigh (10 g), drumstick (11 g), 4 oz. meat (35 g), 3 oz. turkey (22 g)

Fish: most 3.5 oz fish fillets or steaks (about 22 g), 2 oz. atlantic salmon (22 g), 6 oz. tuna (10 g)

Pork: Average size pork chop (22 g), 4 oz. pork loin or tenderloin (29 g), 3 oz. ham (19 g), 1 slice of bacon (3 g)

Eggs/Dairy: eggs (6 g), 1 cup milk (8 g), ½ cup cottage cheese (15 g), 1 cup yogurt (8-12 g), mozzarella (6 g), cheddar/swiss cheese (7-8 g), parmesan (10 g)

Beans: ½ cup tofu (20 g), 1 cup soy milk (6-10 g), ½ cup of most beans (7-20 g), ½ cup of soybeans (14 g), ½ cup split peas (8 g)

Nuts/Seeds: 2 tbs peanut butter (8 g), ¼ cup almonds (8 g), ¼ cup peanuts (9 g), ¼ cup cashews (5 g), ¼ cup pecans (2.5 g), ¼ cup sunflower seeds (6 g)