

POWER OF PROTEIN AFTER SURGERY POST-TEST

**There are a total of 6 questions.*

1. Protein is important in weight loss to help maintain muscle mass and help promote a feeling of fullness after eating?
 - a. True
 - b. False

2. Which of the following food groups is **not** a good source of protein?
 - a. Meat, fish, poultry
 - b. Milk, yogurt, cheese
 - c. Fruit
 - d. Beans & Lentils

3. Recommended amount of protein **per serving** of a protein supplement post-bariatric surgery is:
 - a. 10 – 15 grams protein
 - b. 15 – 20 grams protein
 - c. 15 – 30 grams protein
 - d. 20 – 35 grams protein

4. Recommended limit of **Total Sugar per serving** in a protein supplement post-bariatric surgery is:
 - a. 2 grams of total sugar or less
 - b. 3 grams of total sugar or less
 - c. 5 grams of total sugar or less
 - d. 10 grams of total sugar or less

5. A milk protein isolate or whey protein isolate (comes from milk) usually is tolerated by someone with lactose intolerance?

- a. True
- b. False

6. Collagen, as a protein source found in Protein Bullets/Protein Shots, is a quality source of protein & should be consumed after bariatric surgery.

- a. True
- b. False