

## **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 after 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 after 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. How often should a protein-rich food be consumed in a day?**

- a) Included in 1 – 2 meals
- b) Consumed throughout the day for best utilization by the body
- c) Start your day with a good protein – rich breakfast, and you're okay to avoid protein – rich foods the rest of the day
- d) None of the above