

PROTEIN GUIDE

1 INTRODUCTION

Protein provides the building blocks for muscles. During rapid weight loss, whether after surgery or while using anti-obesity medication, muscle mass may also be lost. Insufficient protein intake and lack of physical activity can further increase muscle loss and delay recovery.

Aim to consume **at least 15–25 grams of protein with each main meal**, followed by **1–3 high-protein snacks (5–10 grams of protein each)**. Spreading protein intake throughout the day improves protein absorption and utilization by the body.

Consuming **20 grams of protein within 30–60 minutes after physical activity** supports muscle building. A protein-rich snack before bedtime may also help maintain muscle mass. These additional eating moments are optional, especially if you experience symptoms such as reflux.

The most important goal is to consume enough protein throughout the entire day.

2 PROTEIN REQUIREMENTS

The goal is a **minimum** protein intake of **60 grams per day**.

3 PROTEIN CONTENT OF FOODS

Protein is mainly found in meat, poultry, fish, eggs, dairy products, cheese, pulses, and nuts. High-protein foods are also available in supermarkets and may be useful when protein intake is insufficient.

3.1 Bread and bread alternatives

Product	Per serving	Protein (grams)
Bread	30 g (1 slice)	3 g
Crispbread/crackers	20 g (2 pieces)	2.5 g
Wrap	40 g (1 wrap)	4 g
Muesli/cruesli*	20–40 g (2–4 tbsp)	2.5–5 g
Bran flakes*	20–40 g (2–4 tbsp)	2.5–5 g
Oatmeal*	20–40 g (2–4 tbsp)	3–5.5 g
Brinta®	20–40 g (2–4 tbsp)	3–5.5 g
Weetabix®	19–38 g (1–2 biscuits)	2.5–4.5 g

* Breakfast cereals should preferably contain <16 g sugar per 100 g.

3.2 Bread toppings and spreads

Type of topping or spread	Per serving	Protein (grams)
Lean meat or fish	25 g (1 slice)	4 g
Vegetable spread	25 g	0.5 g
Egg	50 g (1 egg)	6.5 g
Cheese 20+/30+	25–45 g (1 slice)	8–14 g
Cheese spread	15 g (1 portion)	2.5 g
Light mozzarella	125 g (1 ball)	25 g
Ricotta	20 g	2.5 g

Babybel®	20 g	4.5 g
Cottage cheese	20 g (1 tbsp)	2.5 g
Philadelphia® light	20g (1 tbsp)	1.5 g
Hummus	20 g (1 tbsp)	1.5 g
Nut butter	20 g (1 tbsp)	5 g
Sweet spread	15 g	0 g
Margarine/minarine	5 g	0 g

3.3 Hot meal

Choose whole-grain products whenever possible, as they contain more protein and fibre.

Food	Per serving	Protein (grams)
Lean meat and poultry	100 g	20 g
Fish and shellfish	100 g	18 g
Egg	50 g (1 egg)	6.5 g
Cooked pulses (chickpeas, lentils, beans)	100 g	8 g
Cooked soybeans	100 g	16 g
Edamame	100 g	12 g
Vegetarian burger*	100 g	10 g
Quorn®	100 g	14 g
Seitan	100 g	28 g
Tempeh	100 g	19 g
Tofu	100 g	13.5 g
Vegetables (or vegetable soup)	200 g	0 g
Boiled potatoes	150 g	3 g
Mashed potatoes	150 g	3.5 g
Cooked pasta	150 g	7.5 g
Pulses-based pasta	150 g	15 g
Cooked rice, quinoa or wheat	150 g	4 g
Cooking fat	1 tbsp	0 g

* A good meat substitute preferably contains >10 g protein per 100 g.

3.4 Dairy products, fruit and nuts

Product	Per Serving	Protein (grams)
Milk, soy drink, pea drink	150 ml	5 g
Rice, nut and oat drinks	150 ml	0.5 g
Buttermilk	150 ml	5 g
Low-fat (0%) or semi-skimmed (2%) yoghurt	125 g	5 g
Low-fat or semi-skimmed Greek yoghurt	125 g	7.5 g
Quark	125 g	10 g
Skyr	150 g	15 g
Fruit	125 g (1 piece)	0 g
Nuts	20 g (1 handful)	4 g
Seeds	10–15 g (1 tbsp)	2–3 g

* Dairy products should preferably contain <6 g sugar per 100 g.

3.5 High-protein products

Product	Per serving	Protein (grams)
Dairy Products		
Alpro® Protein Drink	200 ml	10 g
Alpro® Protein Pudding	200 g	20 g
Barebells® Milkshake	330 ml	24 g
Boni High Protein Pudding/Drink	Variable	20–35 g
Campina® High Protein Greek Yoghurt (1,5%)	125 g	12 g
Chocomel® Protein	300 ml	25 g
Chocovit Protein Chocolate Milk	330 ml	21 g
High Protein Quark Milbona® (Lidl)	200 g	25 g
High Protein Pouch Milsani® (Aldi)	200 g	25 g
High Protein Pudding Milbona® (Lidl)	200 g	20 g
HiPro® Protein Yoghurt/Pudding/Drink	Variable	15–25 g
Lindahls® Protein Pudding	150 g	15 g
Melkunie® protein Yoghurt/Pudding/Drink	Variable	20–35 g
Protein Drink/Quark (Delhaize, Albert Heijn)	Variable	20 g
Ehrmann® High Protein Pudding/Mousse/Drink (Albert Heijn, Jumbo)	Variable	20 g
Pur Natur® High Protein Yoghurt	125 g	14 g
Breakfast Cereals		
Wholegrain Protein Oats (Albert Heijn)	20–40 g (2–4 tbsp)	4–8 g
Holie® Granola Protein Crunch (Albert Heijn)	20–40 g (2–4 tbsp)	4.5–9 g
Bolletje® Crunchy Protein Muesli (Albert Heijn, Jumbo)	20–40 g (2–4 tbsp)	4.5–9 g
AH Protein Granola 0% Added Sugar (Albert Heijn)	20–40 g (2–4 tbsp)	5–9.5 g
Bread and bread alternatives		
Biaform® Provital High Protein Multigrain Bread	25 g (1 slice)	5.5 g
High Protein Wholegrain Multiseed Bread (Albert Heijn)	35 g (1 slice)	6 g
Body&Fit® Protein Bread (online)	50 g (1 slice)	11 g
Délipain® High Protein Bread (Aldi)	30 g (1 slice)	7 g
Biaform® Provital High Protein Toast Sandwich	35 g (1 slice)	7.5 g
Biaform® Provital Protein Wraps	63 g (1 wrap)	11.5 g
Body&Fit® Protein Wraps (online, Albert Heijn)	66 g (1 wrap)	12.5 g
Gerlinéa Fit & Protein Tortillas (online)	40 g (1 wrap)	9 g
Bolletje® Protein Low-Carb Crackers (Albert Heijn, Jumbo)	47 g (3 crackers)	16.5 g
Bolletje® Knäckebröd Pro-Fit (Albert Heijn, Jumbo)	16 g (1 cracker)	3.5 g

Bolletje® Protein Rusks (Albert Heijn)	11 g (1 cracker)	2.5 g
3 g		
Jumbo High Protein Crackers (Jumbo)	20 g (1 cracker)	6 g
Biaform® Provital High Protein Cracker	25 g (1 cracker)	9 g
We Care® High Protein Quinoa Crackers (online)	5 g (1 cracker)	1 g
Smaakt® Protein Cracker (online, Albert Heijn)	25 g (1 cracker)	9 g
Crisps		
Body&Fit® Smart Protein Chips	23 g (online)	7.4 g
Protein Crisps (Albert Heijn)	25 g	7 g
Lentil Protein Crisps (Delhaize)	23 g	6 g
Drinks		
Pat Nutrition Protein Water® (online)	500 ml	15–20 g
Upfront Protein Lemonade® (online, Albert Heijn)	500 ml	16 g
XXL Nutrition Protein Lemonade® (online)	330 ml	10 g
XXL Nutrition Protein Water® (online)	500 ml	20 g

3.6 Example daily meal plan

Meal	Food	Protein (grams)
Breakfast	1 bowl of skyr (150 g) + high-protein granola (20 g)	19.5 g
Snack	Cup of vegetable soup (200 ml) + 1 hard-boiled egg	6.5 g
Lunch	2 slices wholegrain bread + 2 slices 30+ cheese	22 g
Snack	Handful of nuts (20 g) + 1 piece of fruit	4 g
Dinner	Lean meat or fish (100 g) + vegetables (200 g) + boiled potatoes (150 g)	23 g
Evening snack	Glass of semi-skimmed milk (150 ml)	5 g
Total		± 80 g

Meal	Food	Protein (grams)
Breakfast	1 bowl of 2% Greek yogurt (150 g) + 25g oatmeal + 1 tablespoon pumpkin seeds (15 g)	17 g
Snack	1 glass of soy drink (250 mL)	8.5 g
Lunch	2 slices wholegrain bread + 100g cottage cheese + 1 slice smoked salmon (25 g)	25 g
Snack	Handful of nuts (20 g) + 1 piece of fruit	4 g
Dinner	150g pulses + vegetables (200 g) + cooked wholewheat pasta (120g)	18 g
Evening snack	Raw carrot + 1 tablespoon of hummus (20 g)	1.5 g
Total		± 74 g

3.7 Additional comments

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