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The Bariatric Scoop

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Trusted Compassionate Care



16 Delicious High Protein Foods

Getting enough protein daily is essential for your overall health. Healthy protein sources include eggs, nuts, lean meats, fish, dairy and certain grains.

Not only is protein essential for your health, but consuming it can keep you feeling full and satisfied, which supports a healthy body weight. The recommended dietary allowance (RDA) for protein is 0.36 grams (g) of protein per pound of your body weight (0.8 g per kilogram). Remember, this reflects the minimum protein required to meet your body's needs.

1. Eggs - One large egg (50g) provides 6.3g of protein.
2. Almonds - One ounce (28.35g) of almonds provides 6g of protein.
3. Chicken breast - One half of a chicken breast (86g) provides 26.7g of protein.
4. Cottage cheese - One cup (226g) of cottage cheese provides 28g of protein.
5. Greek yogurt - One 7-ounce (200g) container provides 19.9g of protein.
6. Milk - One cup (246mL) of dairy milk provides 8.32g of protein.
7. Lentils - about 1/2 cup (100g) of cooked lentils provides 9.02g of protein.
8. Lean beef - A 3-ounce (85g) serving of lean beef provides 24.6g of protein.
9. Fish - All types of fish are high in protein. Half a salmon fillet (124g) provides 30.5g of protein, while a cod fillet (180g) provides 41g of protein.
10. Quinoa - One cup (185g) of cooked quinoa provides 8g of protein.
11. Protein powders - Whey protein powder provides about 16.6g of protein per scoop (28.6g), while pea protein provides 15g of protein per scoop (20g).
Note the protein content per scoop differs between products, even when the scoop size is the same.
12. Ezekiel bread - One slice (50g) of Ezekiel bread provides 6g of protein.
13. Pumpkin seeds - A 1/4 cup (29.5g) of pumpkin seeds provides 8.8g of protein.
14. Turkey breast - A 3-ounce (85g) serving of turkey provides 25.6g of protein.
15. Shellfish - A 3-ounce (85g) serving of cooked clams provides 21.8g of protein, while the same serving of shrimp provides 20.4g of protein.
16. Peanuts and peanut butter - 1-ounce (28.35g) serving of peanuts provides 7.31g of protein, while two tablespoons (32g) of smooth peanut butter provides 7.2g of protein.

www.healthline.com/nutrition/high-protein-foods

Health *styles*



Listen to a podcast on protein with Michelle Schultz, RD.

www.sarahbush.org/podcasts or wherever you listen to podcasts by searching **Sarah Bush Lincoln**.

10 Simple Ways to Eat Healthier Every Day

Eating healthier doesn't have to be a daunting task. With some creativity and a sprinkle of commitment, anyone can embark on a journey towards better nutrition and well-being. The goal isn't about drastic changes, it's about making simple, gradual adjustments that fit seamlessly into your daily life.

1. Start with Breakfast

Mornings set the tone for the day. By beginning with a nutritious breakfast, you fuel your body with essential energy. Imagine a plate filled with whole grains, a rainbow of fruits and a refreshing glass of water.

2. Hydrate Smartly

Hydration is key to health. While many opt for sugary drinks, water remains the best choice. Carry a reusable bottle to remind yourself to drink regularly.

3. Incorporate More Greens

By adding more greens to your meals, you invite nutrients and vitamins into your diet. Salads are a fantastic way to start. Mix various greens, sprinkle some seeds and drizzle a bit of olive oil.

4. Snack Wisely

Rather than reaching for chips, consider nuts or seeds. These are packed with nutrients and energy. Picture a handful of mixed nuts and dried fruits; they are both delicious and satisfying.

5. Portion Control

By serving smaller portions, we can enjoy a variety of foods without overeating. Visualize a table set with small, beautifully-plated meals.

6. Cook at Home

When you cook at home, you choose quality ingredients, know what's in your food and tailor meals to your taste. Cooking can be a delightful family activity, filled with laughter and creativity.

7. Limit Processed Foods

Processed foods often hide unhealthy ingredients. Limiting them can vastly improve your diet. Inspect your pantry and replace processed snacks with fresh options. Picture a shelf filled with vibrant fruits, vegetables and whole foods.



8. Mindful Eating

When we focus on the taste, texture and aroma, eating becomes meditative. Imagine a serene setting where each bite is savored. This practice not only improves digestion but also satisfaction.

9. Reduce Sugar Intake

Sugar is stealthy. It's hidden in unexpected places. By reducing sugar, we make a significant impact on our health. Read labels and choose natural sweeteners like honey or fruits. Visualize a kitchen where sugary snacks are replaced with whole foods.

10. Prioritize Protein

Protein is a powerhouse. It supports muscle growth and repairs tissues. Incorporating diverse protein sources like beans, fish or eggs is key. They provide essential nutrients and keep you satiated.

Looking for more healthy eating ideas?

Read more at:

<https://chefstandards.com/simple-healthy-eating-tips/>

SAVORY COTTAGE CHEESE BOWL

Ah, the humble cottage cheese! Often underestimated, this versatile dairy delight is a culinary chameleon, perfect for sweet or savory dishes.

This savory cottage cheese bowl is a fresh, easy and quick meal or snack. With all of the fresh produce this time of year, the possibilities are endless. Add any vegetable such as onion, cucumber, peppers, tomatoes or fresh snapped peas. The creamy texture of cottage cheese pairs wonderfully with the crunch of veggies, creating a balanced meal. Add a touch of spice with paprika or chili flakes. Feel free to experiment with different vegetables to suit your taste or change it up with berries for breakfast. ***Remember that one cup of cottage cheese provides 28g of protein!***



Starting in September, look for free recipes available at the Bariatric Coordinator's desk. Let me know if you are interested in any recipes in particular. - Danyll

Your Guide to Better Heart Health

Explore the New Heart Center Blog



**Pieces
of the
Pulse**

We're excited to launch our new Heart Center Blog, **Pieces of the Pulse**, your trusted resource for all things heart health information and inspiration. You'll find heart-smart recipes and expert tips from your favorite cardiologists, Drs. Lamanto, Katsamakis and Lakshmi, along with simple, easy-to-follow exercises and wellness guidance. This blog is designed to support

your journey to a stronger, healthier heart. You can read the blog at <https://blog.sarahbush.org/>. If you follow Sarah Bush Lincoln on Facebook, weekly updates will be posted.