

Changing your diet is an essential part of weight loss , as no amount of rigorous exercise will cancel out a diet high in fat and sugar. Even for people who decide to undergo bariatric surgery, diet plays a key role in long-term success.

Protein can help you recover after the procedure and maintain numerous health benefits in the years following your weight loss surgery. Here's why it's important to stick to a high protein diet.

Protein helps your body accomplish two important tasks after weight loss surgery: healing and maintaining muscle mass. Protein strengthens and protects muscle tissue. Eating a lot of protein before your surgery will keep your body healthy and doing the same after surgery will help speed up your recovery. Protein also helps keep your hair and nails strong and your skin elastic in the months and years following surgery.

