

THE Pre-Op LIVER SHRINKING DIET

Your surgeon has recommended that you follow a low sugar, low fat, reduced calorie diet for the fourteen (14) days prior to your surgery. This diet has been shown to help shrink the liver making weight loss surgery safer and easier. Please follow the attached diet and additional recommendations below. **The day before surgery is full liquids only and NPO at midnight.**

Keep track of your weight! Using this diet, you should be able to lose 5 – 10 pounds during the two weeks leading up to your operation.

Liver Shrinking Diet Menu

****Drink at least 8-12 ounces of sugar-free/calorie-free liquids between all meals. 64 ounces total per day****

Breakfast

One **High Protein Meal Replacement Shake or Bar**

Less than 200 calories, greater than 15 grams of protein, less than 5 grams of sugar

Lunch

One **High Protein Meal Replacement Shake or Bar**. **Optional-** add one **small** piece of fresh fruit (small apple, pear, peach, tangerine)

Afternoon Snack –

Choose:

- 6-8 oz low fat, low sugar yogurt
- ½ cup non-fat or low fat cottage cheese
- 1 string cheese
- 2 oz deli meat
- ½ pack of tuna
- Low fat jerky (perky jerky)

Dinner

- 4-6 ounces lean turkey, chicken breast, ham, roast beef, lean pork, or fish – bake, grill, or broil
- 1 cup raw/cooked non-starchy vegetables (no added oil/butter) Ex.-green beans, leafy greens, cauliflower, broccoli, onions, bell peppers, Brussels sprouts, asparagus
- Optional: 1 slice of lite/low calorie whole grain bread **or** 2 Tbsp potato, pasta, rice, beans

AVOID: gravy, sauces (e.g BBQ, cheese); butter, grease, oil, creamy salad dressings, mayo, ketchup, peanut butter, fried and/or breaded foods

Other Snacks

You may snack on an unlimited amount of raw vegetables. No Dressings! Vinegar and salt ok.

In Addition.....

Drink at least 64 ounces (2 quarts) of fluid per day. Drink non-carbonated, sugar free beverages.

Examples include:

Water, *Crystal light*, sugar-free *Kool-Aid*, Diet *Snapple (0-calorie only)*, PowerAde 0, Coffee or Tea (no cream, but sugar substitutes are acceptable), Fat-free broth, Sugar-free Jell-O, Sugar-free Popsicle's

High Protein Meal-Replacement Shake examples:

Less than 200 calories, greater than 15 grams of protein, less than 5 grams of sugar

- Carnation Instant Breakfast – No Sugar Added (blue box) (Harvey's, Walmart) ~mix with 1% or skim milk or **Fairlife Milk**~
- EAS Advant Edge Carb Control (Target)
- Designer Whey (CVS, Target, Walmart, Walgreens)
- Premier
- Core Power Lite or Elite
- GNC Lean Shake
- Body Fortress Whey Protein Powder (Wal-Mart)
- Bars- Quest, Think Thin, Life Choice Protein

A Special Note for Diabetic Patients:

This diet will most likely be quite a reduction from your normal intake of carbohydrates and calories. If you are diabetic and taking insulin, you need to contact your doctor to discuss your blood sugar management before starting this diet. Monitor your blood sugar carefully and have your doctor adjust your medication as needed. Consult your doctor as needed for any concerns you may have. The goal is to decrease your insulin to keep your blood sugar normal...not to increase your food. However, if your blood sugar does drop too low (less than 60), **each of the following items provides 15 grams of carbohydrates and may be used in the event of a low blood sugar reaction:**

- 4 ounces (½ cup) 100% fruit juice (no sugar added)
- 8 ounces (1 cup) fat free skim milk
- 1 Tablespoon of regular jelly
- 1 Tablespoon honey

Rule of 15

- Have 15 grams of carbohydrate (choose from above)
- Wait 15 minutes and re-check your blood sugar
- Consume 15 grams of carbohydrate every 15 minutes until your blood sugar reaches 60