

## 2-Week Pre-Operative Bariatric Diet Guidelines

You are to follow a partial liquid diet for 2 weeks prior to surgery for weight loss to help shrink the abdominal cavity and liver. You are to drink an approved protein shake 3 times per day and have 1 small balanced meal.

**ATTENTION** people with diabetes: PLEASE READ: If you have diabetes and are on medications for diabetes, please contact your primary care doctor or endocrinologist to adjust medications to avoid low blood sugars.

### **DIRECTIONS ON HOW TO DO THE DIET:**

1) Drink 3 protein shakes every day (**Talk with your dietitian or nurse on protein drink choices**).

2) Eat 1 small balanced meal consisting of the following foods:

- Lean Protein: 3-4 ounces (weighed) (chicken, fish, lean meat)
- Whole Grain Starch: ½ cup (measured) (brown rice, whole grain pasta)
- Non-Starchy Vegetable: 1 cup (measured) (*All vegetables EXCEPT: peas, corn, and lima beans*)

3) You may drink an unlimited amount of 10-15 calorie or less fluids in-between your protein shake meals. You can have raw vegetables through-out the day.

### **10-15 calorie or less containing fluids list**

- Crystal Light, Crystal Light Hydration “Pure”
- Totally Light to Go packs
- Diet Snapple, Diet Green tea from Lipton
- All flavored waters not containing vitamins and not containing carbonation or caffeine
- Diet V8 Splash, Diet Ocean Spray
- Minute Maid Light Lemonade, Diet SOBE, Sugar-free Kool-Aid with a sugar substitute
- Low-fat vegetable, beef, and chicken broths
- Decaffeinated tea/coffee with sugar substitutes
- Sugar-free Jell-O, Sugar-free Popsicle’s

On the day before surgery, you will omit the small meal but you can add yogurt, oatmeal, cream of wheat or creamy soups instead.

### **Protein supplements:**

More than 20 grams of protein, less than 3 grams of fat, less than 5 to 8 grams of carbohydrate. Examples are: Pure protein, 100% whey protein, Premiere Protein, Designer Whey, Lean Protein, Isopure (use ½ bottle), Calories of the power should be less than 160 calories. These are available at store such as target, Walmart, GNC, shop-rite, and other supermarkets and pharmacies.