

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 2 -3 times per day and have 1 small balanced meal. You may want to add Benefiber to your protein drinks to prevent constipation.

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 2 to 3 protein shakes every day (**Talk with your dietitian or nurse on protein drink choices**).
You can REPLACE 3rd drink with a Dannon Lite and Fit Greek Yogurt.

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. You may also substitute this small meal for a Healthy Choice/Lean Cuisine/ Smart Ones/ Weight watchers meal.

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. You can have liquids along with your protein shakes.

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), Atkins Lift. Calories of the powder should be less than 160 calories. These are available at stores such as target, Walmart, GNC, shop-rite, and other supermarkets and pharmacies.