

WEIGHT LOSS SURGERY PRE-OP DIET

“LIVER SHRINKING DIET”

Start Date: _____

- ✓ Start this diet two weeks prior to your surgery date.
- ✓ The purpose of this diet is to shrink your liver. The liver is in the path of surgery. Following this diet will use up the glycogen that is stored in your liver. Glycogen is the storage form of carbohydrates. Depleting your liver's glycogen stores shrinks the liver, which can decrease complications during and after surgery.
- ✓ If the liver size is not reduced prior to surgery, it may result in an open procedure or delay of your surgery date.
- ✓ This specific pre-operative diet is low in carbohydrates (including sugar) and calories.
- ✓ *** On the meal plan, there is no intake of fruit or fruit juice.*

Preoperative Liver Shrinking Diet Guidelines:

1000 Calories 50 grams of Carbohydrate 70-90 grams of Protein Fat in moderation

- ✓ 2-3 protein shakes
- ✓ 1 Meal daily with less than 20 grams of carbohydrates
- ✓ 1-2 low carbohydrate snacks
- ✓ At least 2 cups of non-starchy vegetables daily
- ✓ Also, include 64 ounces of water daily.
- ✓ No Alcohol
- ✓ No Sugary Drinks

Sample Pre-Operative Diet

Breakfast

Protein
Shake



Snack

½ cup low fat
cottage cheese



Lunch

Protein
shake



Snack

1 cup
non-starchy Veg



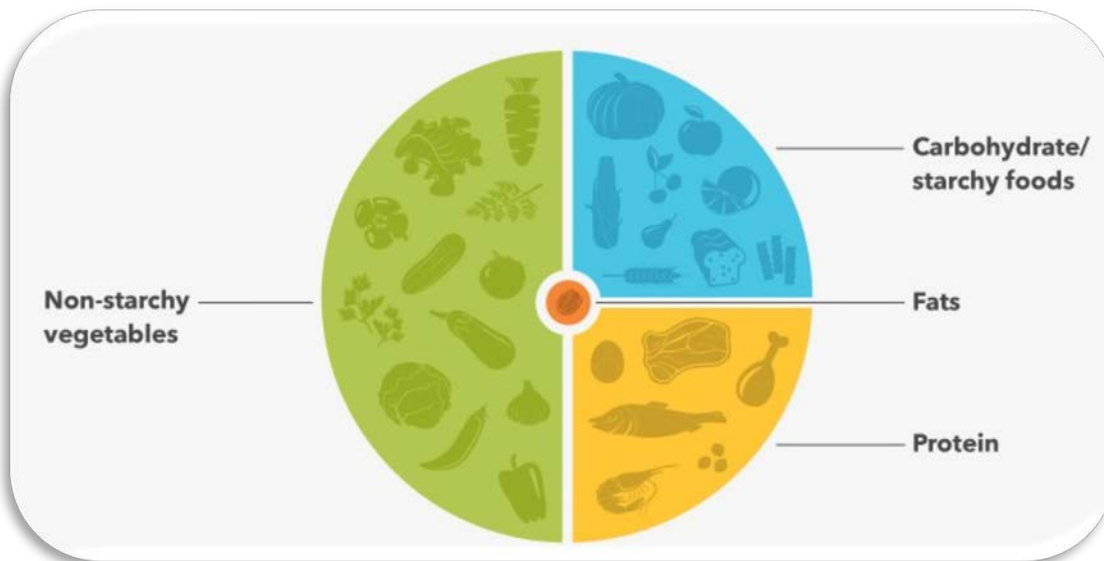
Meal

Low carb meal
with protein



USE 'THE PLATE METHOD' for your ONCE daily meal. Choose the following

Unlimited Non-Starchy Vegetables		One serving starch	One serving cooked lean protein
Artichoke (no oil)	Greens (collard, kale, mustard, spinach, turnip)	1/2 cup or small potato	3-4 oz chicken breast
Asparagus	Mushrooms	1/2 cup corn	3-4 oz turkey breast
Beans (green, wax, Italian)	Onions	1/2 cup peas	3-4 oz. fish or shellfish
Broccoli	Peppers	1/2 cup or 1/2 sweet potato	3-4 ounce. Pork tenderloin
Brussel sprouts	Radishes	1/2 cup winter squash	3-4 oz. ground beef (4-9% fat)
Cabbage	Salad Greens	1/2 cup brown rice, quinoa, couscous, or farro	1/2-1 cup low fat cottage cheese
Carrots	Sauerkraut	1/2 cup whole wheat pasta (>5 g fiber per serving)	1/2-1 cup egg substitute
Cauliflower	Snap Peas	1 slice whole grain bread	1 whole egg + 2 egg whites
Celery	Summer Squash (yellow or zucchini)	1 small whole grain roll	1 cup beans
Cucumber	Tomatoes	1/2 whole grain English muffin	3 oz. tofu or tempeh
Eggplant			
Green Onions			



NOTE:
*You can have unlimited non-starchy veggies during the solid food meal **and** throughout the day.*

For Patients with Diabetes

If you take insulin or other medications that may cause hypoglycemia or low blood sugar, dosages of your diabetic medications may need to be decreased. While you are on the liver-reducing diet your carbohydrate intake is very low. There is risk that your blood glucose levels could drop too low if you continue your normal dose.

To prevent this – please do the following:

- Discuss changes to your insulin or diabetes medication with your PCP or Diabetic Educator before you start.
- Check your blood glucose levels more frequently while on the liver-reducing diet. Your PCP or Diabetic Educator can also provide you with more guidance about this.

FREE FOODS Unlimited	FATS 2 servings per day	
Bouillon or broth	Avocado, 2 Tbsp	Olives, 8 large
Sugar free hard candy	Butter, regular, 1 tsp	Oil (olive, avocado walnut) 1
Coffee, black	Butter, reduced fat, 1 Tbsp	tsp
Garlic	Cream, Half & Half, 2 Tbsp	Peanut Butter, ½ Tbsp
Herbs and Spices	Cream cheese, reduced fat, 1	Salad dressing, regular, ½
Horseradish	Tbsp	Tbsp
Jell-O, sugar free	Cream cheese regular, 1	Salad dressing, reduced fat, 2
Lemon or lime juice	Tbsp	Tbsp
Mustard	Margarine, reduced fat, 1	Sour cream, reduced fat, 3
Pickles, non-sweet	Tbsp	Tbsp
Salsa	Margarine, regular, 1 tsp	Sour cream, regular, 2 Tbsp
Tabasco or hot pepper sauce	Mayonnaise, reduced fat, 1	Seeds, (pumpkin, sunflower) 1
Tea	Tbsp	Tbsp
Vinegar	Mayonnaise, regular, 1 tsp	Vegetable Oil, 1 tsp
Worcestershire sauce	Nuts, 6 nuts	

Low Carbohydrate Snack Suggestions:

- Non-starchy vegetables:
 - **INCLUDES:** carrots, celery, peppers, cucumber, broccoli, or pea pods to name a few
 - **DOES NOT INCLUDE:** corn, peas, potatoes, and winter squash (acorn, spaghetti, pumpkin)
- Jicama with lime and cayenne pepper or cinnamon
- Caprese tomatoes - drizzle olive oil and pepper on sliced tomatoes, mozzarella cheese, and basil
- Cucumbers with ¼ cup Tzatziki sauce
- Sliced cucumbers, carrots and purple onion marinated in 1/2 rice wine vinegar and 1/2 water. Add salt and pepper to taste.
- Carrots, zucchini, and/or jicama dipped in salsa
- Veggie stacks with sliced tomato, cucumber, bell pepper with 1 oz feta cheese
- Roasted kale
- Radishes with 1 oz Mexican crema or low-fat sour cream
- Veggies dipped in Greek yogurt ranch dip
- Celery with 1 Tbs natural peanut butter or almond butter
- 1 Tbs Nuts (unsalted) such as Almonds, Pecans, Macadamia, Brazil, Walnuts, Peanuts
- Cottage cheese, ½ cup
- Cheese: 1 String cheese stick or 1 oz of cheese
- Ricotta cheese, low fat, ½ cup. Add cinnamon, vanilla extract and a few chopped nuts. • Eggs: 1 hardboiled or 1 scrambled egg with added veggies (mushrooms, spinach, peppers) • Smoked salmon, tuna, or chicken salad with a 1 tsp cream cheese or light mayonnaise rolled in a lettuce leaf or in a cucumber, celery stick, or stuffed in a bell pepper • Carb Master yogurt or nonfat plain Greek yogurt, 6 oz
- Deli meat, low sodium 2oz
- Tofu, extra firm 1oz eaten plain or seasoned with sriracha or low sodium soy sauce
- Olives, 5-6 each
- Seaweed, dried 1 packet

Helpful Tips:

Lean Protein Sources Include:

- ❖ Baked, broiled, or grilled lean protein
 - Skinless chicken breast, lean beef, pork, fish, tofu, shrimp. **Do NOT fry.**
 - Yogurt (preferably the “light” version due to its lower sugar content and “Greek” version due to its higher protein content)
 - Low-fat cheese, Low fat cottage cheese
 - Tuna packed in water
 - Egg
 - Cooked beans (without added sugar or fat)



Selecting a protein drink or supplement.

It doesn't matter if it is powder or liquid, the same rules still apply.

❖ Read the label:

- Fewer than 200 calories. Most have 150-160 calories.
- <5 g sugar per serving.
- At least 20 grams of protein per serving.

❖ Read the Ingredients:

- Avoid supplements that list collagen, collagen protein isolate, or hydrolyzed collagen as the protein source.
- Best picks for protein supplements are those that list the main source of protein as milk, whey protein isolate, soy, soy protein isolate or egg.

Serving Size counts!

- ❖ Limit to 3-4 ounces at your 1 meal.
- ❖ 3-4 ounces is equivalent to the size of a deck of cards (approximately 20-30 grams of protein).

Fluids – stay hydrated!

- ❖ Drink at least 64 ounces of fluid a day. **NO SUGARY DRINKS, NO SODA, NO GATORADE, NO JUICE.**
- ❖ Fluids must be sugar free and 10 calories or less per serving.
- ❖ Water and fruit infused water (water with a slice of citrus fruit or whole berries or melon for a little hint of flavor) are great choices.
- ❖ Beverages like Crystal Light, Mio, Fruit2O, Propel Zero, etc. are also acceptable.
- ❖ Reminder- by this time you should be off caffeine and carbonation.

Important Notes:

- ❖ Plan all meals and snacks otherwise temptation can take over!
- ❖ Keep a food journal, this can be an emotional process and journaling will help you cope with the emotional and physical changes.

Reference: <https://asmbs.org/app/uploads/2021/10/PIIS1550728921004238.pdf>

Updated 02-06-2023

