

## 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 3<sup>rd</sup> 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.