

## **3WK PRE-SURGERY DIET**

### **Why do I need to diet before surgery?**

The purpose for the pre-surgery diet is to shrink the liver and reduce abdominal fat, which decreases the risk of complications during surgery.

### **How long do I need to follow this diet?**

Three weeks (21 days) prior to your surgery

### **What do I do the day before surgery?**

**The day before surgery you will consume an all-liquid diet of protein drinks/shakes.**

This is to ensure you have no solid food in the gastrointestinal tract prior to surgery. **Do not consume ANYTHING after 10pm the night before your surgery.**

### **What types of things may I experience during these 3 weeks?**

It is not uncommon in the first few days to feel hunger, light-headedness, dizziness and fatigue. After the first few days (typically after the 4<sup>th</sup> day), you will start to feel much better as your body adjusts.

Be sure to drink plenty of fluids: water, low-calorie beverages (i.e. Crystal Light, diet decaffeinated ice tea, diet lemonade, Nuun, etc.) and decaffeinated coffee/tea are all acceptable. (No carbonated, caffeine or alcohol containing beverages).

Keep your “meals” spaced throughout the day; think “small frequent protein-dense meals.” (see sample menu)

If you currently exercise, you may want to cut back on the frequency or duration during these 2 weeks.

Stay busy & positive!

## What does the diet look like?

You will have 3 Protein shakes/foods (see below) plus 1 Healthy Meal each day. The Healthy Meal can be eaten at any time during the day: breakfast, lunch, or dinner.

### **3** protein-rich products that meet these nutritionals

**140-220 calories**

**At least 15gm of protein per serving**

**Less than 5gm of sugar per serving**

Examples of these products include\*:

- ✓ EAS Protein Powder & RTD Shakes
- ✓ Muscle Milk Ready-To-Drink Shakes
- ✓ Premier Protein Ready-To-Shakes
- ✓ Bariatric Advantage Protein Powder
- ✓ Bariatric Fusion Protein Powder
- ✓ Chike Protein Powder
- ✓ Oh Yeah! Protein Powder
- ✓ Isopure Protein Powder
- ✓ Any Protein Bars that meet the above criteria

*\* These are not comprehensive lists of what is available in the marketplace for patients.*

## **PLUS**

**1 Healthy Meal consisting of: 5-7 oz. lean protein + 2 cups non-starchy vegetables + 2 healthy fat servings**

### Lean Protein Options (5-7oz):

Beef, Bison, Eggs (2 cups egg whites/Egg Beaters or 3 whole eggs), Elk, Fish, Ground Beef or Poultry  
Lamb, Low-fat Cottage Cheese, Pork, Poultry (skinless), Tofu (15 oz. for tofu), Venison

### Non-Starchy Vegetable Options (2 cups):

Asparagus, Bok choy, celery, cucumber, mushrooms, salad greens (collard, green leaf, butter head, kale, arugula, iceberg, green peppers, romaine, spring mix), spinach, Swiss chard, tomato, summer squash (zucchini or straight necked), watercress, nopales, radishes, eggplant, broccoli, cabbage, cauliflower, green beans, fennel bulb.

### Healthy Fat Options (2 servings):

Avocado (1.5 oz.), Butter (1 tsp), Low-Carbohydrate Salad Dressing (up to 2 tbsp. of salad dressing with less than 6gm of carbohydrate), Healthy Oils (1 tsp of flaxseed, canola, olive), Olives (5-10 total), Margarine (1 tsp).

**NO FRUIT! NO STARCHES! NO STARCHY VEGETABLES!**

**Sample Menus:**

	<b>Example 1</b>	<b>OR</b>	<b>Example 2</b>
<b>Breakfast</b>	Protein Shake (#1)		Protein Bar (#1)
<b>Snack</b>			
<b>Lunch</b>	<u>Healthy Meal</u> 6oz. grilled skinless chicken <i>(baked w/ 1 tsp olive oil and herbs)</i> 1 cup salad greens ½ cup tomatoes ½ cup cucumbers 1.5 Tbsp. low-carb Ranch Dressing		<u>½ Healthy Meal</u> 3 oz. baked haddock <i>(baked w/ 1 tsp olive oil and herbs)</i> 1 cup steamed broccoli
<b>Snack</b>	Protein Shake (#2)		Protein Soup (Broth with unflavored protein powder added) (#2)
<b>Dinner</b>	Protein Bar (#3)		<u>½ Healthy Meal</u> 3oz. baked pork chop <i>(baked with herbs)</i> 1 cup cooked green beans with 1 tsp butter
<b>Snack</b>			Protein Shake (#3)

**Flavorings:**

Spices/Mixed Spices, Horseradish, Lemon/Lime Juice, Mustard, Vinegar, Hot Pepper Sauce, Worcestershire Sauce, Low-Sodium Soy Sauce, Salt, Pepper, Non-nutritive Sweeteners (i.e. Stevia®, Splenda®, Nutrasweet®, Equal® Sweet One®).

Avoid: BBQ Sauces, Ketchup, Honey Mustard, Teriyaki Sauce, Sweet Chili Sauce, Sweet and Sour Sauce, any Sweet Sauces

**STOP ALL HERBAL MEDICATIONS AT LEAST 2 WEEKS BEFORE SURGERY** (i.e. St. John’s Wort, Ginkgo Biloba, Ginseng, Garlic Pills, Valerian, Kava Kava, Garcinia Cambogia, etc.)