

Pre Surgery and Initial Post Op Diet

10 days before surgery to 2 weeks after surgery

Goal of pre op diet: decrease liver mass, initiate weight loss & establish ability to follow a liquid diet

Goal of initial post op diet: tolerance to diet

Choose:

- Sugar free, calorie free, non carbonated and non caffeinated beverages as desired (examples: water, Crystal lite, Diet Snapple, Mio, Fruit2O, Propel, decaf coffee or tea with sugar substitute)
- Sugar Free Popsicles and sugar free Jello as desired
- Blenderized or strained low fat soups (no chunks)
- Fat free/ low fat broth or bouillon
- Fat free or 1% milk, Lactaid milk or soy milk
- Greek or Lite yogurt (no chunks)
- Small curd low fat or fat free cottage cheese
- Cream of wheat, cream of rice, oatmeal, grits or farina made with fat free milk (prepare thin post op) Limit to 6 grams of sugar per serving.
- Low fat, limited carbohydrate protein drinks (see below for ideas)

Protein requirements:

50 grams minimum for women per day

70 gram minimum for men per day

My personal protein needs = _____ grams per day.

Food	Amount	Grams of protein
Greek Yogurt	6 ounces	14 grams
Lite Yogurt	6 ounces	5-8 grams
Sugar Free pudding	4 ounces	2 grams
Milk (fat free or 1%) or plain soymilk	8 ounces	8 grams
Low fat, small curd cottage cheese	4 ounces	14 grams
Oatmeal, cream of rice...made with milk	4 ounces	8 grams
Low fat strained soup	4 ounces	3 grams- variable-read label

Protein Supplement Guideline:

At least 15 grams of protein per 8 oz. (1 cup) serving

Less than 20 grams of carbohydrate and less than 6 grams of sugar per 8 ounce serving

Less than 5 grams of fat per 8 ounce serving

Sample Protein Supplements:

Contain Lactose	Lactose Free
Carnation Instant breakfast- “no sugar added” in a blue box. Mix with fat free or 1% milk.	HMR
Diabetitrim	Light Muscle Milk
Syntrax Matrix	Glucerna
Pure protein Shake	Unjury www.unjury.com
EAS Advant Edge Carb Control	Bariatric Advantage www.bariatricadvantage.com
	Celebrate Vitamins www.celebratevitamins.com
	Isopure
	Boost Glucose Control
	Optisource
	Syntrax Nectar

Protein Powders- Whey protein isolate, egg white protein and soy protein powders can also be used to meet your protein needs. Mix with water or fat free/1% milk.

Where can I shop for protein supplements?

- Over the counter at Supermarkets, pharmacies, Nutrition Speciality Stores such as Vitamin Shoppe & GNC, Trader Joes, BJ’s, Sam’s club, Target, Walmart.
- On-line at www.bariatricadvantage.com, www.celebratevitamins.com, www.unjury.com