

PRE-SURGERY LIQUID PROTEIN DIET

Your surgeon **may** ask that you go on a liquid protein diet prior to your surgery. This may be to:

- Reduce your Body Mass Index (BMI),
- Reduce the size of a fatty liver to prevent surgical complications,
- Bring your blood sugars under better control,
- Reduce co-morbidities,
- Reduce operating time,
- Reduce operative risk,
- Increase understanding of post-operative requirements.

BASIC GUIDELINES:

- Choose a protein supplement with a minimum of **15 grams of protein per serving** and a maximum of 30 grams of protein.
- Protein supplements should have **no more than 5 grams of carbohydrates** and **less than 5 grams of fat** per serving.
- Select a Whey-based protein powder, preferably **Whey Isolate or Whey Concentrate**. Check the ingredients for the actual protein source.
- Some acceptable protein supplements are:
 - Bariatric Advantage High Protein Meal Replacement products
 - UNJURY protein powder
 - Any WHEY protein powder (Sam's Club, GNC, K-Mart, Wal-Mart or any drug store)
- Protein powders may be mixed with **skim milk, water, or fat-free, low-carb yogurt**.
- Dr. Ahuja & Dr. Sudhakaran **DO NOT approve of SlimFast, Atkins, Ensure, Carnation Instant Breakfast or Boost products**. These do not meet our criteria.
- **NO** Bread, Rice, Pasta, Potatoes or high-carb/starchy vegetables. This is a no to low-carb meal plan.
- **IF** you must have a small snack between meals, you may choose a raw vegetable from the low-carb vegetable list, fat-free cottage cheese, fat-free string cheese, or an orange (whole only, not orange juice). We highly recommend that you eliminate the snacking habit.
- Use the food diary available at our office or any online food/exercise tracking system (fitday.com or fatsecret.com are two options) to keep track of your daily Calorie, Protein, Carbohydrate and Fat intake. Be prepared to share these logs with your dietitian.

TWO OPTIONS EXIST:

1. You will be able to have **two** protein shakes/drinks per day and **one** small to moderate meal consisting of **3 to 4 ounces lean protein** (baked or grilled) and a **salad or vegetable** (choose from the low-carb vegetable list). You must keep the total daily caloric value to 1000 kcal per day. The rest of the day, you will take clear liquids, aiming for 64-72 ounces of total fluid daily, as above.

OR

2. You will be able to have **three (3) protein shakes/drinks per day**, for approximately 1000 calories per day. You may choose from the list of acceptable protein supplements above.

The rest of the day, you will take **clear liquids only**, aiming for 64-72 ounces of total fluid daily.

Clear Liquids include: Beef, Chicken or Vegetable broth; decaffeinated coffee or tea, with or without artificial sweetener (no cream or milk); **Sugar-Free** Kool-Aid, Gatorade, Crystal Light, LifeWater, Popsicles, Jell-o and Water. Remember, a clear liquid is always sugar free, non-carbonated, and non-caffeinated.

ACCEPTABLE LOW CARB VEGETABLES

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Green beans
- Greens
- Lettuce
- Mushrooms
- Peppers
- Radish
- Spinach
- Tomato
- Zucchini

ACCEPTABLE PROTEIN SELECTIONS

- Boneless, Skinless Chicken Breast
- Turkey Breast, Skinless, Whole or Ground
- Lean Ground Beef
- Trimmed cuts of Beef
- Trimmed cuts of Pork Loin
- Fish, all varieties
- Canned Tuna or Chicken (packed in water, not oil)

MEAL PREPARATION GUIDELINES

- Meats should be baked or grilled, never sautéed, breaded and/or fried.
- Portion size should be at least 3 ounces, not more than 6 ounces.
- Vegetables should be steamed, grilled, roasted or raw.
- Do not season with butter, oil or other fat/calorie-laden foods.
- Salt should be used in moderation.
- Pepper and other herbs/spices may be used as desired.

FOODS TO AVOID

- All Starchy Vegetables – Potatoes, Carrots, Corn, Peas, Sweet Potatoes
- All Grain-based Products – Bread, Oatmeal, Rice, Pasta, Crackers
- Cheese and other dairy products except as listed in the Basic Guidelines section.
- High-Sugar Fruits. Berries may be added to your protein shake only in limited quantities.
- Salad Dressings that contain fat and sugars/carbohydrates. You may use **one teaspoon** of Olive Oil with vinegar and/or lemon juice to dress salads/vegetables.

POST-OPERATIVE HABITS TO PRACTICE NOW

- Meals should last at least 20 minutes, but not more than 30 minutes.
- Eat your protein first, followed by your vegetables.
- Eat slowly and deliberately, put your utensils down between bites.
- Chew your food very well, at least 20-30 times per bite.
- Do not drink with your meal.
- Avoid using straws.
- Eliminate Carbonated and Caffeinated drinks from your diet.
- Avoid snacking. Eat only at the table and not while reading, watching TV and/or working.