

## *New Life* Weight Loss & Advanced Laparoscopic Surgery

317 S. 14<sup>th</sup> Street, Suite 1 Herrin IL 62948  
Telephone (618) 988-6171, Facsimile: (618) 988-6174

### 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.

You are only to start this diet if instructed by your provider, the dietitian or the office staff.

#### BASIC GUIDELINES:

- Choose a protein supplement with a minimum of **20 grams of protein per serving and a maximum of 30 grams of protein.**
- Protein supplements should have **less than 10 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.**
- New Life Weight Loss Center **DO NOT approve of Slim-Fast, 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, Life Water, Popsicles, Jell-O and Water. Remember, a clear liquid is always sugar free, non-carbonated, and non-caffeinated.

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### 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.