

Bariatric Procedure

Presurgical Diet



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Two-Week Presurgical Diet

In order to maintain energy and feel your best while on this diet, we encourage you to evenly space out protein, carbohydrates, fluid and non-starchy vegetables throughout each day.

Daily Requirements

P Drink four servings of protein supplements each day.

Supplement companies may change their formulas frequently, so make sure to check the labels of your chosen protein supplements to make sure they meet the following criteria. If you have questions about a specific protein supplement, ask your dietitian for clarification:

- At least 20 grams of protein per serving if choosing a powdered protein
 - **TIP:** do not mix protein powders into food or fluids that are warmer than 130 degrees Fahrenheit as this could cause the powder to clump.
 - If you do not tolerate milk and choose not to use soy milk, you should add a fifth serving of protein powder daily to meet the protein goal.
- If you choose a premixed protein drink, it should have at least 25 grams of protein.
- Less than 6 grams of sugar per serving
- Avoid products that contain caffeine. If a product does contain caffeine, it should be listed on the product packaging. Make sure to check coffee-flavored protein products for caffeine!

C Include a total of six servings each day from the foods listed below:

These foods provide most of the carbohydrates on this diet. It is important to include all six servings each day to provide your brain and body with enough energy!

- ½ cup cooked Cream of Wheat or oatmeal or grits (less than 10 grams sugar if packaged). One individual packet of these foods will make 1 cup prepared and will count as 2 servings.
- 8 ounces of low-fat milk (cow or soy)
- 1 cup sugar-free pudding
- 6 ounces light yogurt. Yogurt should contain less than 120 calories per serving.
- ½ cup no sugar added applesauce, ½ cup canned fruit in light syrup or juice, 1 cup cut fresh or frozen fruit, or 1 cup canned fruit packed in water
- ½ cup cooked or canned beans (pinto, kidney, black, etc.), green peas, corn or potato
 - Read ingredient lists of these foods to make sure there are no sources of added fat. Look for the words oil, butter and cream.

V Include as many raw or steamed non-starchy vegetables as you like to help with fullness:

- | | | |
|--------------------|--------------------|---------------|
| • Artichoke | • Bean sprouts | • Carrots |
| • Artichoke hearts | • Beets | • Cauliflower |
| • Asparagus | • Broccoli | • Celery |
| • Baby corn | • Brussels sprouts | • Chayote |
| • Bamboo shoots | • Cabbage | |

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- Coleslaw *packaged, no dressing*
- Cucumber
- Eggplant
- Gourds
- Green beans
- Green onions
- Greens
- Hearts of palm
- Jicama
- Kohlrabi
- Leeks
- Lettuce *all varieties*
- Mixed vegetables without peas, corn or pasta
- Mushrooms
- Okra
- Onions
- Oriental radish or diakon
- Pea pods
- Peppers *all varieties*
- Radishes
- Rutabaga
- Sauerkraut
- Soybean sprouts
- Spinach
- Squash *summer, crookneck, zucchini*
- Sugar snap peas
- Swiss chard
- Tomato
- Tomato juice
- Tomato sauce
- Turnips
- Vegetable juice
- Water chestnuts

These are some—but not all—of the many non-starchy vegetables available to you during the presurgical diet. If you have questions about a specific vegetable, ask your dietitian.

F Drink 64–80 ounces of fluid during the day.

Acceptable fluids include any sugar-free, caffeine-free, carbonation-free, alcohol-free fluids such as:

- Water
- Decaf tea or coffee
- Broth
- Unsweetened plant-based milks (such as almond, cashew, rice, etc.)

Other

- You may add additional seasonings/spices as desired (i.e., pepper, sugar-free flavored syrups, sugar substitutes, cinnamon, dried or fresh herbs, garlic/onion powders, etc.).
- Maintain current scheduled meal/snack structure.
- Continue with daily over-the-counter multivitamin and calcium supplements during presurgical diet process.
- Sugar-free gum is acceptable.
- If you have diabetes, please refer to “Special Considerations for People with Diabetes” section on treatment of low blood sugar during presurgical diet.
- If you have problems with constipation while on this diet, you may use a fiber supplement with at least 3 grams of fiber per serving.

Protein mixing ideas

WITH MILK

- Add one scoop of chocolate or vanilla protein powder to 8 ounces of skim milk. For lactose intolerance, use soy or lactose-free milk. Shake or stir for 15–20 seconds.
- Freeze this mixture for an ice cream like texture.

NON-MILK

- Add one scoop of fruit-flavored protein powder to 8 ounces of water or acceptable clear liquid choice. Shake or stir for 15–20 seconds.
- Add one scoop of chicken soup flavor protein powder in 8 ounces of nicely warm water (not too hot, approximately 130 degrees or less). Stir until dissolved.
- Add one scoop of protein powder to decaffeinated coffee.

Special Considerations for People with Diabetes

- Talk to your primary care physician or endocrinologist about the two-week presurgical diet. This diet is low in carbohydrates (125 grams per day) and may need adjustments to your medication regimen during these two weeks.
- Monitor your blood glucose levels frequently throughout the day.
- Maintain current scheduled meal/snack schedule to assist with glycemic control.
- Include acceptable carbohydrate foods at each meal or snack (sugar-free/fat-free pudding, light/fat-free yogurt, applesauce).

Know the signs/symptoms of hypoglycemia.

- Sweating
- Hunger
- Weakness
- Shakiness
- Dizziness or lightheadedness
- Headache
- Heart palpitations
- Blood sugar less than 70 mg/dL

If you have a low blood sugar, treat it!

- Check blood sugar levels.
- If blood sugar is less than 70 mg/dL, consume 15 grams of a carbohydrate food.
 - ½ cup fruit juice
 - 2–3 teaspoons sugar
 - 3–4 glucose tabs, available for purchase at most drug stores
 - Hard candy (not sugar-free). Check label for serving size.
- If blood sugar is less than 55 mg/dL, you will need to treat with 30 grams of carbohydrate. In that case, double the amounts of foods listed above.
- Wait 15 minutes.
- Recheck blood sugar levels to reassess; if levels remain less than 70mg/dL, repeat previous steps.
- Once blood glucose levels are normal (80–120mg/dL), resume normal meal/snack pattern.
- Return to presurgical diet.
- Any foods or fluids used to treat low blood sugar do not count toward daily food intake.
- If you have more than one episode of low blood sugar while following the presurgical diet, please contact your primary care physician or endocrinologist for guidance.

**IF YOU HAVE
QUESTIONS,
ASK YOUR
DIETITIAN.**

Frequently Asked Questions about the Presurgical Diet

Can I have chicken, beef, eggs, tofu, etc., on the presurgical diet?

No. The only sources of concentrated protein are to come from protein supplements alone. While these foods are certainly nutritious, they often contain fats that may reduce the liver-reducing properties of this diet as it is written.

Do I need to start my post-op vitamins now?

No. Please continue with your current vitamin regimen. You will start your post-op vitamins when you start eating food following bariatric surgery.

Do I have to have all six servings of the carbohydrate foods?

Yes, please do eat all six servings! These foods provide most of the easy to use energy for your muscles and brain during the two week presurgical diet. Eating all six servings should help prevent headaches, mood swings and energy slumps.

Can I have fruit?

Yes! Fruit is one of the carbohydrate choices allowed while following the presurgical diet. One serving is ½ cup fruit canned in light syrup or juice, 1 cup fresh, frozen, or fruit canned in water.

Can I use seasonings?

Yes, please do, as long as the seasoning is sugar-free and fat-free. It will not affect the liver-reducing properties of this diet as written. If you currently have sodium restrictions, please continue to follow your physician's recommendations.

Can I put dip on my vegetables?

You may make a dip from yogurt and approved seasonings. It is unlikely that a pre-made dip will fit into the criteria of the presurgical diet.

RANCH DIP

- 2 cup plain, fat-free Greek-style yogurt
- 1 package ranch dressing mix

FRENCH ONION DIP

- 2 cup plain fat-free Greek-style yogurt
- 1 package French onion soup mix

Presurgical Diet

Meal Plan Example

MORNING MEAL

- One serving of chocolate or vanilla protein supplement with skim milk
- ½ cup cream of wheat or oatmeal or grits

SNACK

- 1 cup sugar-free pudding
- ½ cup carrot sticks

MIDDAY MEAL

- One serving of protein mixed with 9 ounces of drink stick of choice with acceptable clear liquid choice
- 6 ounces of light yogurt
- 1 cup green beans

SNACK

- Sugar-free Jell-O
- 1 cup sugar snap peas

EVENING MEAL

- One serving of chicken soup flavored protein mixed with warm water and steamed vegetables
- 1 cup vegetable or tomato juice
- ½ cup unsweetened applesauce

BEDTIME SNACK

- One serving of chocolate or vanilla protein mixed with skim milk

NUTRITIONAL INFORMATION BASED ON MEAL PLAN EXAMPLE

Total calories	approximately 1,000 per day
Total protein	approximately 115 grams per day (may be lower if milk is not used)
Total carbohydrates	approximately 125 grams per day



RE M I N D E R

This diet does not meet the daily requirements for adequate vitamins and minerals. Continue your daily over-the-counter calcium and/or multivitamin regimen.

Presurgical Diet Seven-Day Meal Plan Examples

C Carbohydrate
(6 servings daily)

F Fluid
(64–80 ounces daily)

P Protein
(4 servings daily)

V Vegetable
(unlimited daily)

Day 1

MORNING MEAL

<input type="radio"/> One serving of vanilla protein mixed with 8 ounces skim milk	P C
<input type="radio"/> ½ cup cooked cream of wheat (made with water)	C
<input type="radio"/> 1 cup of tomato juice	V

SNACK

<input type="radio"/> 1 cup sugar-free pudding	C
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MIDDAY MEAL

<input type="radio"/> One serving of protein mixed with 8 ounces of sugar-free beverage	P F
<input type="radio"/> 6 ounces of light yogurt	C

SNACK

<input type="radio"/> Sugar-free Jell-O	F
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EVENING MEAL

<input type="radio"/> One serving of chicken soup flavored protein mixed with 8 ounces warm water or fat-free broth	P F
<input type="radio"/> 1 cup tomato juice	V
<input type="radio"/> ½ cup unsweetened applesauce	C
<input type="radio"/> Raw vegetables: lettuce, cucumbers and tomatoes with lemon juice and pepper	V

BEDTIME SNACK

<input type="radio"/> One serving chocolate protein mixed with 8 ounces skim milk	P C
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Day 2

MORNING MEAL

<input type="radio"/> One serving of chocolate protein mixed with skim milk	P C
<input type="radio"/> ½ cup of cooked oatmeal (made with water)	C
<input type="radio"/> 1 cup tomato juice	V

SNACK

<input type="radio"/> Sugar-free Jell-O	F
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MIDDAY MEAL

<input type="radio"/> One serving of protein mixed with 8 ounces of sugar-free beverage	P F
<input type="radio"/> 1 cup green peas	C
<input type="radio"/> Raw vegetables: raw broccoli and cauliflower with lemon juice only	V

SNACK

<input type="radio"/> 6 ounces of light yogurt	C
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EVENING MEAL

<input type="radio"/> One serving of chicken soup flavored protein mixed with warm water	P F
<input type="radio"/> 1 cup sugar-free pudding	C
<input type="radio"/> 1 cup tomato juice	V
<input type="radio"/> Raw vegetables: lettuce, tomatoes, broccoli and cauliflower with lemon juice	V

BEDTIME SNACK

<input type="radio"/> One serving of vanilla protein mixed with 8 ounces skim milk	P C
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Day 3

MORNING MEAL

One serving of strawberry protein mixed with 8 ounces skim milk **P**

6 ounces light yogurt **C**

SNACK

1 cup sugar-free pudding **C**

1 cup celery **V**

½ cup Greek yogurt dip with French onion seasoning **C**

MIDDAY MEAL

One serving cherry protein mixed with 8 ounces sugar-free lemonade beverage (*blended together with ice*) **P F**

Lettuce salad (*3 cups*) with broccoli, cauliflower, lemon juice and pepper **V**

6 ounces light yogurt (*any flavor*) **C**

SNACK

½ cup unsweetened cinnamon applesauce **C**

Raw tomatoes, cucumber, green onions (*dressing: red wine vinegar, lemon juice, pepper and artificial sweetener*) **V**

EVENING MEAL

One serving chicken soup flavored protein mixed with 8 ounces fat-free chicken broth **P F**

1 cup tomato juice **V**

Raw lettuce salad with mushrooms and green onions and lemon juice **V**

BEDTIME SNACK

Protein smoothie: one serving vanilla protein mixed with 6 ounces light yogurt, blended with ice **P C**

Sugar-free Jell-O **F**

Day 4

MORNING MEAL

½ cup cooked oatmeal + one serving vanilla protein (*made with water*) **P C**

Orange sugar-free beverage (*8 ounces or more as desired*) **F**

½ cup unsweetened applesauce (*artificial sweetener allowed*) **C**

SNACK

6 ounces plain yogurt “dip” (*6 ounces low-fat Greek-style yogurt mixed with minced garlic, lemon juice, dill weed, salt and pepper to taste*) **C**

Assorted raw vegetables for dipping (*i.e., broccoli, cauliflower, carrots, celery*) **V**

MIDDAY MEAL

Protein smoothie: one serving chocolate protein mixed with ½ cup sugar-free pudding, blended together with ice **P C**

Raw lettuce (*3 cups*) salad with tomatoes and cucumbers (*lemon juice, vinegar, pepper and sweetener*) **V**

SNACK

Sugar-free Jell-O **F**

6 ounces light yogurt **C**

EVENING MEAL

1 cup tomato juice (*heated*) mixed with one serving unflavored or chicken soup flavored protein **P V**

“Coleslaw” (*raw assorted cabbage mixed with vinegar, salt, pepper, lemon juice and sweetener*) **V**

BEDTIME SNACK

One serving cherry protein mixed with 8 ounces sugar-free lemonade beverage (*blended with ice*) **P F**

Sugar-free Jell-O **F**

1 cup cut fresh fruit **C**

Day 5

MORNING MEAL

One serving vanilla protein + 6 ounces light blueberry yogurt + 8 ounces skim milk and blended with ice **P C**

Sugar-free Jell-O **F**

SNACK

1 cup sugar-free chocolate pudding **C**

Tomato cucumber salad
(dressing: lime juice, vinegar and Mrs. Dash Lemon & Garlic spice) **V**

MIDDAY MEAL

One serving protein mixed with 8 ounces decaffeinated coffee **P F**

Lettuce salad with broccoli, mushrooms, and onions with lemon juice and Mrs. Dash (any variety) **V**

½ cup unsweetened applesauce **C**

SNACK

6 ounces light yogurt **C**

1 cup raw carrots **V**

½ cup Greek yogurt dip with ranch seasoning **C**

EVENING MEAL

One serving chicken soup flavored protein mixed with fat-free beef broth **P F**

Raw zucchini, summer squash and carrots (sliced julienne) with Mrs. Dash Lemon Pepper seasoning and fresh lime juice **V**

BEDTIME SNACK

One serving Fuzzy Navel protein mixed with sugar-free lemonade beverage and blended with ice **P F**

Sugar-free Jell-O **F**

½ cup canned fruit in light syrup or juice **C**

Day 6

MORNING MEAL

One serving vanilla protein powder mixed with 8 ounces skim milk, add dash of cinnamon **P C**

½ cup unsweetened applesauce **C**

8 ounces orange-flavored sugar-free beverage **F**

SNACK

Sugar-free Jell-O **F**

MIDDAY MEAL

One serving chicken soup flavored protein powder mixed with 1 cup tomato juice **P V**

Raw vegetables: celery, carrots and green peppers **V**

SNACK

1 cup sugar-free pudding **C**

EVENING MEAL

One serving chocolate-flavored protein mixed with 8 ounces skim milk **P C**

Lettuce salad: lettuce, carrots, celery, cauliflower and tomatoes. Drizzle with mix of apple cider vinegar, Splenda or other artificial sweetener, and Mrs. Dash **V**

6 ounces light yogurt **C**

BEDTIME SNACK

Cappuccino-flavored protein powder mixed with 8 ounces warm water **P F**

1 cup cut fresh fruit **C**

Day 7

MORNING MEAL

<input type="radio"/> One serving chocolate protein powder mixed with 8 ounces skim milk	P C
<input type="radio"/> ½ cup cooked oatmeal (<i>made with water</i>) sprinkled with Cinnamon and Splenda® flavor blends	C

SNACK

<input type="radio"/> ½ cup refried beans mixed with low-sodium taco seasoning	C
<input type="radio"/> Raw carrots, celery and broccoli	V

MIDDAY MEAL

<input type="radio"/> One serving strawberry-flavored protein powder mixed with 8 ounces sugar-free lemonade beverage	P F
<input type="radio"/> 6 ounces light vanilla yogurt	C

SNACK

<input type="radio"/> ½ cup unsweetened applesauce	C
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EVENING MEAL

<input type="radio"/> One serving chicken soup flavored protein mixed with warm water	P F
<input type="radio"/> Lettuce salad: lettuce, tomato, carrots, cucumbers drizzled with lemon juice, pepper and vinegar	V
<input type="radio"/> 1 cup tomato juice	V

BEDTIME SNACK

<input type="radio"/> One serving chocolate protein powder mixed with 8 ounces skim milk, frozen	P C
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REMEMBER:
Drink 64–80 ounces
of water and/or
caffeine-free/sugar-free
beverages
during the day.





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