

Bariatric Procedure

P R E S U R G I C A L D I E T

Two-Week Presurgical Diet

All patients will follow a high-protein, low-calorie diet for two weeks prior to surgery. This diet helps reduce the size of your liver, which reduces your surgical risk.

DAILY REQUIREMENTS

Drink four servings of protein powders each day.

- ▶ Choose a protein supplement that meets the criteria given to you by your dietitian.
- ▶ Mix two servings with milk (may use light soy or lactose-free milk).
- ▶ Mix two servings with water or other acceptable clear liquid choice.

Include six servings each day from food list below:

- ▶ 1 cup tomato or V8 vegetable juice
- ▶ ½ cup cooked Cream of Wheat or oatmeal (less than 10 grams sugar if packaged)
- ▶ 1 cup sugar-free pudding
- ▶ 6 ounces fruit-flavored (no fruit chunk) light/fat-free 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 fruit, 1 cup canned fruit packed in water

Include raw or steamed non-starchy vegetables to help with fullness.

If you have questions, ask your dietitian. These are unlimited:

Artichoke	Greens	Swiss chard
Artichoke hearts	Green beans	Tomato
Asparagus	Lettuce	Tomato sauce
Baby corn	Mixed vegetables	Turnips
Bamboo shoots	Mushrooms	Water chestnuts
Bean sprouts	Okra	
Beets	Onions	
Broccoli	Radish	
Brussel sprouts	Peapods	
Cabbage	Peppers (all varieties)	
Carrots	Rutabaga	
Cauliflower	Sauerkraut	
Celery	Soybean sprouts	
Coleslaw	Spinach	
Cucumbers	Squash (summer, zucchini)	
Eggplant	Sugar snap peas	

Drink at least 80 ounces of water and/or caffeine-free/sugar-free beverages during the day. Acceptable clear liquids include:

- ▶ Water
- ▶ Decaf tea or coffee
- ▶ Broth
- ▶ Caffeine-free, alcohol-free, carbonation-free, 5 calories or less per 8 oz serving

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.). Look for options without salt.
- ▶ Maintain current scheduled meal/snack structure to assist with control over appetite and energy levels.
- ▶ 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 “Diabetic Patient” section on treatment of low blood sugar during presurgical diet process.
- ▶ 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. You may mix this fifth serving with any acceptable fluid or food.
- ▶ If you have problems with constipation, you may use a fiber supplement mixed with 8 ounces of water or caffeine-free/sugar-free beverage.

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 Lactaid 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.

DIABETIC PATIENTS

- ▶ 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.
- ▶ 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 (i.e., sugar-free/fat-free pudding, light/fat-free yogurt, applesauce).
- ▶ Know the signs/symptoms of hypoglycemia at a blood glucose level less than 70mg/dL.
 - Sweating
 - Hunger
 - Weakness
 - Shakiness
 - Dizzy or lightheadedness
 - Headache
 - Heart palpitations
- ▶ If you have a low blood sugar (<70mg/dL), treat it!
 - Check blood sugar levels.
 - 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.
 - Wait 15 minutes.
 - Recheck blood sugar levels to reassess; if levels remain less than 70mg/dL, repeat above steps.
 - Once blood glucose levels are normal (80–120mg/dL), resume normal meal/snack pattern (within one hour).
 - Return to presurgical diet.

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
Snack:	1 cup sugar-free pudding
Midday meal:	One serving of protein mixed with 9 ounces of Crystal Light (Sunrise Classic Orange, Raspberry Ice or other fruit flavor) with acceptable clear liquid choice 6 ounces of sugar-free yogurt
Snack:	Sugar-free Jell-O
Evening meal:	One serving of chicken soup flavored protein mixed with warm water 1 cup V8 or tomato juice ½ cup unsweetened applesauce
Bedtime snack:	One serving of chocolate or vanilla protein mixed with skim milk 6 ounces sugar-free yogurt

NUTRITIONAL INFORMATION BASED ON MEAL PLAN EXAMPLE

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

Reference:

Colles, SL, Dixon JB, Marks P, et al. Preoperative weight loss with a very-low-energy diet: quantitation of changes in liver and abdominal fat serial imaging. *American Journal of Clinical Nutrition* 2006; 84: 304-11.

Fris, RJ. Preoperative low energy diet diminishes liver size. *Obesity Surgery*. 2004; 14: 1165-1170

***This diet does not meet daily requirements for adequate vitamins and minerals. A multivitamin is recommended daily. If milk intake is limited, calcium supplementation is recommended.*

Presurgical Diet Seven-Day Meal Plan Examples

DAY 1

Morning meal

- One serving of vanilla protein mixed with 8 ounces skim milk
- ½ cup cooked Cream of Wheat (made with water)
- 1 cup of tomato juice

Snack

- 1 cup sugar-free pudding

Midday meal

- One serving of protein mixed with 9 ounces of Crystal Light (Sunrise Classic Orange, Raspberry Ice or other fruit flavor) with acceptable clear liquid choice.
- 6 ounces of sugar-free yogurt

Snack

- Sugar-free Jell-O

Evening meal

- One serving of chicken soup flavored protein mixed with 8 ounces warm water or fat-free broth
- 1 cup V8 juice
- ½ cup unsweetened applesauce
- Raw vegetables: lettuce, cucumbers and tomatoes with lemon juice and pepper

Bedtime snack

- One serving chocolate protein mixed with 8 ounces skim milk

DAY 2

Morning meal

- One serving of chocolate protein mixed with skim milk
- ½ cup of cooked oatmeal (made with water)
- 1 cup V8 juice

Snack

- Sugar-free Jell-O

Midday meal

- One serving of protein mixed with 9 ounces of Crystal Light (Sunrise Classic Orange, Raspberry Ice or other fruit flavor) with acceptable clear liquid choice.
- Raw vegetables: raw broccoli and cauliflower with lemon juice only

Snack

- 6 ounces of sugar-free yogurt (i.e., Light & Fit, any flavor)

Evening meal

- One serving of chicken soup flavored protein mixed with warm water
- ½ cup sugar-free pudding
- 1 cup tomato juice
- Raw vegetables: lettuce, tomatoes, broccoli and cauliflower with lemon juice

Bedtime snack

- ½ cup unsweetened applesauce
- One serving of vanilla protein mixed with 8 ounces skim milk

DAY 3

Morning meal

- One serving of strawberry protein (i.e., UNJURY) mixed with 8 ounces skim milk
- ½ cup Cream of Wheat (made with water)
- ½ cup unsweetened applesauce (artificial sweetener allowed)

Snack

- One serving sugar-free pudding
- 1 cup raw carrots

Midday meal

- One serving cherry protein (i.e., Nectar) mixed with 8 ounces Strawberry, Orange Banana Crystal Light (blended together with ice)
- Lettuce salad (3 cups) with broccoli, cauliflower, lemon juice and pepper
- 6 ounces light yogurt (any flavor)

Snack

- Sugar-free Jell-O
- Raw tomatoes, cucumber, green onions (dressing: red wine vinegar, lemon juice, pepper and artificial sweetener)

Evening meal

- One serving chicken soup flavored protein mixed with 8 ounces fat-free chicken broth
- 1 cup V8 juice
- Raw lettuce salad with mushrooms and green onions and lemon juice

Bedtime snack

- Protein smoothie: one serving vanilla protein mixed with 8 ounces skim milk and 6 ounces light yogurt, blended with ice
- Sugar-free Jell-O

DAY 4

Morning meal

- ½ cup cooked oatmeal + one serving vanilla protein (mixed with 8 ounces warm skim milk; additional warm water as needed)
- Orange Crystal Light (8 ounces or more as desired)
- ½ cup unsweetened applesauce (may sweeten with artificial sweetener)

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

Midday meal

- Protein smoothie: one serving chocolate protein mixed with 8 ounces skim milk, ½ cup sugar-free pudding, 1 teaspoon vanilla extract, blended together with ice
- Raw lettuce (3 cups) salad with tomatoes and cucumbers (lemon juice, vinegar, pepper and sweetener)

Snack

- Sugar-free Jell-O
- 6 ounces light yogurt

Evening meal

- 1 cup V8 juice (heated) mixed with one serving unflavored or chicken soup flavored protein (i.e., UNJURY)
- “Coleslaw” (raw assorted cabbage mixed with vinegar, salt, pepper, lemon juice and sweetener)

Bedtime snack

- One serving cherry protein mixed with 8 ounces Crystal Light (blended with ice)
- Sugar-free Jell-O

DAY 5

Morning meal

- One serving vanilla protein + 6 ounces light blueberry yogurt + 8 ounces skim milk and blended with ice
- Sugar-free Jell-O

Snack

- One serving sugar-free chocolate pudding
- Tomato cucumber salad (dressing: lime juice, vinegar and Mrs. Dash Lemon & Garlic spice to taste)

Midday meal

- One serving cappuccino protein (i.e., Nectar) mixed with 8 ounces decaffeinated coffee
- Lettuce salad with broccoli, mushrooms, and onions with lemon juice and Mrs. Dash (any variety)
- ½ cup unsweetened applesauce

Snack

- 6 ounces light yogurt
- 1 cup raw carrots

Evening meal

- One serving chicken soup flavored protein mixed with fat-free beef broth
- Raw zucchini, summer squash and carrots (sliced julienne) with Mrs. Dash Lemon Pepper seasoning and fresh lime juice
- One serving sugar-free vanilla pudding

Bedtime snack

- One serving Fuzzy Navel (i.e., Nectar) protein mixed with Lemonade Crystal Light and blended with ice
- Sugar-free Jell-O

DAY 6

Morning meal

- One serving vanilla protein powder mixed with 8 ounces skim milk, add dash of cinnamon
- ½ cup unsweetened applesauce stirred into ½ cup Cream of Wheat (made with water)
- 8 ounces orange-flavored sugar-free beverage

Snack

- Sugar-free Jell-O

Midday meal

- One serving chicken soup flavored protein powder mixed with 8 ounces warm water or fat-free broth
- 1 cup V8 juice (stirred into chicken-flavored protein supplement)
- Raw vegetables: celery, carrots and green peppers

Snack

- 1 cup sugar-free pudding

Evening meal

- One serving chocolate-flavored protein mixed with 8 ounces skim milk
- Lettuce salad: lettuce, carrots, celery, cauliflower and tomatoes. Drizzle with mix of apple cider vinegar, Splenda or other artificial sweetener, and Mrs. Dash.
- 6 ounces sugar-free yogurt

Bedtime snack

- Cappuccino-flavored protein powder mixed with 8 ounces warm water

DAY 7

Morning meal

- Half serving chocolate protein powder plus half serving cappuccino-flavored protein powder mixed with 8 ounces skim milk
- ½ cup cooked oatmeal (made with water) sprinkled with Cinnamon Spice Splenda® flavor blends

Snack

- 1 cup V8 juice
- Raw carrots, celery and broccoli

Midday meal

- One serving strawberry-flavored protein powder mixed with 8 ounces sugar-free lemonade beverage
- ½ cup sugar-free vanilla pudding mixed with 6 ounces light/fat-free vanilla yogurt

Snack

- ½ cup unsweetened applesauce

Evening meal

- One serving chicken soup flavored protein mixed with warm water
- Lettuce salad: lettuce, tomato, carrots, cucumbers drizzled with lemon juice, pepper and vinegar.
- 1 cup tomato juice

Bedtime snack

- One serving chocolate protein powder mixed with skim milk (8 ounces), frozen

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The logo graphic consists of a stylized, geometric shape resembling a cross or a four-pointed star, composed of multiple parallel lines that create a sense of depth and movement.

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