

Preoperative Diet Instructions:

The preoperative diet is a key step to help prepare patients for surgery. People who are obese typically have enlarged livers due to fat deposits. By sticking to the low carbohydrate & high protein diet you will reduce the size of your liver resulting in less risk and complications in surgery.

The preoperative diet should be a high protein, low carbohydrate, and low fat diet with liquid protein supplements and followed for two weeks prior to surgery.

The diet consists of:

- 2 meal replacement protein shakes per day (see protein sheet for list of recommended protein)
- 1 meal per day consisting of lean protein (ex: eggs, turkey, chicken, lean beef, fish, or pork) and green vegetables (ex: asparagus, spinach, spring lettuce mixes, kale, green beans or a side salad with low-fat dressing)
- 1 cup of fruit per day (NO bananas or grapes) this can be also be added to protein shake if preferred. **Best options:** apples, pears, watermelon, raspberries, cantaloupe, strawberries, pineapple, kiwi, grapefruit, mandarin oranges, blueberries and blackberries
- Liquids that are sugar free or zero calorie including: sugar-free popsicles, sugar-free pudding, broth, crystal light, diet sodas and unsweetened teas and coffees (use zero-calorie sweeteners when needed)

You should eliminate from your diet:

- Animal **fats**- butter (use sparingly)
- High **sugar** foods
- High **carbohydrate** foods: breads, beans, pastas, rice, potatoes, corn and other starchy foods.
- All **dairy** products: yogurt, milk, cheese, etc.

*****If you are taking Phentermine, you must stop taking it two weeks before surgery**

***Revisit this diet when you need help to kick start weight loss after surgery if weight plateaus or to increase weight loss. Eating carbohydrates requires your body to produce insulin. Insulin is a hormone that helps regulate your blood sugar but also helps to store fat. A low carbohydrate & high protein diet doesn't require insulin so your body increases the amount of fat burned and decrease the amount of fat stored - resulting in weight loss. Follow the diet for 2 weeks at a time and then have a meal containing carbohydrate- this tricks your brain into thinking it isn't starving & increases metabolism.