

LIVER REDUCTION DIET

Begin 2 weeks prior to your scheduled surgery date

Two weeks prior to your bariatric procedure, your diet will consist of liquids, protein shakes, and foods from the list below. This diet will allow for a reduction in the size of your liver and enhance the safety of your procedure. The meal plan is low in carbohydrates, fat, and calories. It is imperative that during this time you consume adequate protein (60 grams or greater) to ensure you maintain lean body mass as you begin the weight loss process.

During the liver reduction diet you should expect to lose a minimum of 8-10 lbs. If you are not losing weight during this time frame this may indicate you are consuming excessive calories. Please contact our office through the patient portal to review your intake.

*

SPECIAL NOTE FOR DIABETIC PATIENTS BEING TREATED WITH INSULIN OR ORAL MEDICATIONS

*

We recommend all diabetic patients contact their endocrinologist and/or primary care physician to review the possible need for medication and insulin adjustments while following the liver reduction diet.

The liver reduction diet is very low in daily carbohydrate content and blood sugar levels should be monitored closely throughout the day to avoid hypoglycemic responses.

LIVER REDUCTION DIET

2 Week Preoperative Diet – Approved Fluids

All of the fluids listed below count towards your daily goal of 64 - 96 ounces. You may have any of the below fluids during the 2 weeks before and 2 weeks after surgery.

- Water
- Crystal Light
- Mio
- Unsweetened or Diet Tea – you may use Splenda/artificial sweeteners
- Sugar Free Kool Aid
- Diet Ocean Spray Juice
- Diet Snapple
- Fruit 2 O
- Vitamin Water Zero, Power Aid Zero
- Decaffeinated Coffee or Tea
- Clear Broths (vegetable, chicken, beef)
- Sugar Free Jello
- Sugar Free Popsicles
- G2 – Lower carbohydrate version of Gatorade

2 Week Preoperative Diet – Approved Foods

- **Protein Drinks/Meal Replacements and Powder Mixes – 2 drinks daily**

One meal daily can consist of:

- 3-4 oz lean meat – 1 time daily
 - Any lean meat (fish, chicken, beef, pork, lamb) - No fried meats
 - You may use seasonings such as garlic, pepper, old bay, etc.
- 2-3 cups non –starchy vegetables (cooked or raw – NOT FRIED)
 - NOT ALLOWED – bread, pasta, potatoes, rice, legumes/beans, peas, corn
 - All other vegetables are allowed – broccoli, peppers, squash, tomatoes, carrots, green beans, eggplant, asparagus, cabbage, mushrooms, cauliflower, zucchini, cucumber, onions, spinach, greens, Brussels sprouts, etc.
 - Vegetables may be cooked or raw/salads

Snack – Only 1 Choice Daily

- 1 Low Fat Dairy Serving (2 oz low fat cheese, 6 oz Greek Yogurt, 4 oz of 2% Cottage Cheese) – Choose 1 daily

PLEASE NOTE : Fruit is not allowed during the liver reduction diet.

SAMPLE 2 WEEK LIVER REDUCTION MEAL PLAN

Begin 2 weeks prior to your scheduled surgery date

This menu is an example of what your day may consist of. You are able to use shakes of your choice within our guidelines. Vegetables may be cooked or raw or a mixture of both.

TIME	FOOD ITEMS/AMOUNT	Protein (grams)	Carb (grams)	Fat (grams)	Calories
Morning	1 Meal Replacement Shake (ex. Premier Protein)	30	4	3	160
Snack	6 oz 2% Greek Yogurt (or dairy of your choice)	12	18	2.5	140
Afternoon	1 Meal Replacement Shake (ex. Lean Body Shake)	25	4	7	180
Snack	1 cup raw vegetables (ex. cherry tomatoes)	0	8	0	35
Evening	3-4 oz Lean Meat (ex. grilled salmon)	20	0	15	180
	2 cups cooked vegetable (ex. mixed onions/peppers)	2	18	2	100
Snack	Sugar Free Popsicle (2)	0	8	0	30
	TOTALS	89	60	30	825
	GOALS	60-80	60-80	30-40	800-950

Meal Replacement Recommendations

At the end of each day your goal is to consume a minimum of 60 grams of protein and a maximum of 80 grams of carbohydrate.

REMEMBER TO READ ALL LABELS FOR NUTRIENT FACTS!!

All beverages/powders should contain:

15 grams or MORE of protein

20 grams or LESS of carbohydrate

10 grams or LESS of fat

LESS than 230 calories

*****Remember to count calories, protein, carbohydrate, and fat in MILK if you are mixing a powder*****

Popular Protein Supplements and Meal Replacements

***Please REMEMBER to read the nutrition fact labels carefully! Some of the companies below make meal replacements with extremely high amounts of carbohydrate.

MEAL REPLACEMENT OPTIONS

- Premier Protein – Found at Kroger, Sam’s Club and Costco
- EAS AdvantEdge Carb Control Shake
- Atkins Advantage
- Core Power Light Shakes
- Lean Body (Labrada) Shakes – Available at Walmart)
- Muscle Milk Light
- Shamrock Farms Shakes - Rockin’ Refuel - **Lean Builder or Muscle Builder ONLY** (found at most grocery stores near milk)
- Pure Protein Drinks
- Boost Glucose Control – **this is the ONLY acceptable Boost Product**
- Jay Robb Protein Powders – Egg based protein powder – does not contain whey

Protein Supplements

May be used to supplement daily protein intake – do not qualify as meal replacements

- UNJURY Protein Powders – www.unjury.com or Westbury Pharmacy
- Isopure – Vitamin Shoppe and GNC
- Nectar protein powder – Vitamin Shoppe

PICTURES OF POPULAR PRODUCTS



PICTURES OF POPULAR PRODUCTS

