



Memorial Weight-Loss Surgery Program

DIET BEFORE WEIGHT-LOSS SURGERY

The diet before weight-loss surgery is designed to

- **reduce body fat**, especially the fat around the liver and abdominal area, which reduces fat in the surgical area and can reduce surgical risk;
- **preserve muscle** by supplying adequate protein to prevent the body from wasting muscle for energy, and promoting fat loss;
- **prepare your body for post-surgery recovery** through healthy eating, which promotes protein intake, avoidance of refined carbohydrates, sugars, and saturated fats, and provides the body with beneficial nutrients, vitamins, and minerals that will help prepare it for the nutritionally demanding post-bariatric surgery recovery;
- **prepare you for the post-surgery diet** through a reduced-calorie, high-protein, low-carbohydrate eating style that is recommended for life after bariatric surgery.

SEVEN (7) DAYS BEFORE SURGERY- Bariatric High-Protein, Full-Liquid Diet

- Plan for three (3) to four (4) meals a day that include high protein and a full-liquid diet with 15 to 30 grams of protein at each meal. (See sample menu.)
- Aim for an intake of at least 60 to 80 grams of protein per day.
- Practice sipping fluids slowly, at least 48 to 64 ounces of liquids per day.
 - Some of your daily fluid intake will include high-protein full liquids and the rest will include water and sugar-free clear liquids.
 - Choose sugar-free, caffeine-free, and non-carbonated clear liquids: water, clear broth, sugar-free beverages, ice popsicles, and Jell-O, and decaffeinated coffee or tea.
- Choose no more than 50 grams of carbohydrates per day. Check food labels carefully.
- Keep a daily food log to track protein and fluid intake.
- Stop all vitamin and mineral supplements, but continue prescribed medications as per your physician's instructions.

Full Liquid Choices

High-Protein Full Liquids	Low-Protein Full Liquids
<ul style="list-style-type: none"> • powder protein supplement or ready-to-drink protein shake (150-160 calories or less, at least 20-30 grams of protein, no more than 5-8 g carbohydrate) • skim/1% milk, Lactaid® milk • Fairlife® milk • non-fat plain or light/flavored Greek yogurt • unsweetened soy milk • UNJURY® chicken soup flavor, high-protein powder • BariWise™ Protein Cream of Chicken 	<ul style="list-style-type: none"> • tomato or V8® vegetable juice, original (low sodium) • strained soups <ul style="list-style-type: none"> ▪ low-fat/low-sodium cream of chicken ▪ lentil, tomato, or butternut squash soup ▪ add unflavored protein powder to optimize protein content • unsweetened almond, cashew, or coconut milk

High-Protein Full Liquid: 3-Day Rotation Sample Meal Plan

	DAY 1	DAY 2	DAY 3
Meal 1	1 scoop protein powder(20 g protein, no more than 8 g carbohydrate) with 8 ounces Fairlife® milk (13 g protein, 8 g carbohydrate)	8 ounces High Protein Hot Mocha (21 g protein, 6 g carbohydrate) - See recipe.	11 ounces Premier Protein® Shake (30 g protein, 5 g carbohydrate)
Meal 2	5 ounces egg custard (11g protein, 8.5 g carbohydrate)- See recipe.	8 ounces Campbell's® Butternut Squash Bisque (2 g protein, 18 g carbohydrate) mixed with 1 scoop unflavored protein powder (at least 20 g protein, no more than 8 g carbohydrate) and 1-2 ounces of warm water	UNJURY® Chicken Soup Flavor, 1 packet (21 g protein, < 1 g carbohydrate) with 8 ounces 1% milk (8 g protein, 12 g carbohydrate)
Meal 3	BariWise™ Protein Cream of Chicken (15 g protein, 5 g carbohydrate) made with 8 ounces of water	8 ounces Fairlife® milk (13 g protein, 8 g carbohydrate)	1 scoop protein powder (20 g protein, no more than 8 g carbohydrate) made with 8 ounces unsweetened almond milk (1 g protein, 1 g carbohydrate)
Meal 4	5 ounces Oikos® Triple Zero Greek Yogurt (15 g protein, 14 g carbohydrate)	4.5 ounces (1 container) Power Pak Protein® Fit & Lean Pudding (15 g protein, 5 g carbohydrate)	8 ounces Pacific® Curried Red Lentil Soup (5 g protein, 20 g carbohydrate)
Clear Fluids	additional 32- 48 ounces or more of water/sugar free clear liquids between meals	additional 24- 40 ounces or more of water/sugar-free clear liquids between meals	additional 13-29 ounces or more of water/sugar-free clear liquids between meals
Total	74 g protein, 43.5 g carbohydrate, 48-64 ounces of fluids	71 g protein, 45 g carbohydrate, 48-64 ounces of fluids	85 g protein, 46 g carbohydrate, 48-64 ounces of fluids

ONE (1) DAY BEFORE SURGERY- Bariatric Clear-Liquid Diet

- Sugar-free clear liquids only
 - At least 48-64 ounces of fluids per day
- No carbonation, no caffeine, no alcohol, no added sugar
 - *AVOID RED DRINKS AND GREEN TEA.*

Clear Liquid Choices

- **Water**
- **Sugar-free beverages: Crystal Light®, Hint® Water, SoBe® Lifewater (zero calories)**
- **Sugar-free gelatin**
- **Sugar-free ice popsicles**
- **Clear broth (low sodium)**
- **Decaffeinated black coffee or tea (no milk or cream)**
- **Sugar-free (zero calorie) beverages with electrolytes: Propel®, Powerade Zero™**
- **Optional:** clear-liquid protein supplement (Isopure® Clear RTD Zero Carb, Proteinex®, Protein2O®, Gelatein® 20 high protein sugar-free gelatin)

DAY OF SURGERY- Bariatric Clear-Liquid Diet

- **sugar-free clear liquids up to one hour before scheduled arrival time for surgery**
 - no protein
 - no carbonation
 - no caffeine
 - no alcohol
 - no added sugar
 - nothing red
 - no green tea