

Liver Shrinking Diet

Full Liquids

The purpose of the pre-op diet is to **reduce** the size of the **liver** prior to surgery through a **high protein** and **low carb/low fat** liquid meal plan. As you decrease daily carbohydrate intake and the stores of glycogen (sugar) in your liver, you can greatly reduce the size of the organ. This allows the surgeon to better access to your stomach which lies under the liver. This is a very **low calorie diet** and **protein** will be very important to help keep you feeling full. Aim for at least **60 grams protein/day**. The first couple of days seem to be the hardest; hunger sensations should decrease as your body adjusts to the calorie level.

Start your Liver Shrinking Diet on: _____ BEFORE surgery

Foods/Liquids allowed on the diet:

- ✓ **Protein drinks:** 2-3 protein drinks daily (powder and *water/unsweetened almond/soy/coconut* or *½ cup nonfat milk* per shake; premade); you may NOT add any fruits or vegetables
- ✓ **Non/low calorie/sugar free beverages:** as desired to stay hydrated; NO ALCOHOL
 - Examples: Water, Crystal Light, Propel Zero, Vitamin Water Zero, Gatorade Water Zero, tea or coffee (sugar substitute may be used; small amount of sugar free creamer is okay)
- ✓ **Sugar free popsicles (ie: cherry, grape), pudding or Jello:** 2-3 servings/day
- ✓ **Low sodium broth:** 1-2 servings/day (1 cup servings)
 - Examples: *low sodium* chicken/beef/vegetable broth
- ✓ **Thickened Vegetable Soup (*low sodium/low fat*):** 1 serving per day (6-8oz)
 - Examples: Tomato Basil, Roasted Red Pepper, Butternut Squash, Sweet Potato Bisque, Steamed Vegetables blended/pureed.
 - No more than 15-20g of carbohydrates/serving
 - NO: Cream of Mushroom, Broccoli Cheddar, Chicken Tortilla, Cream of Chicken
 - NO chunks of rice, pasta or noodles.
- ✓ **Nonfat/low sugar yogurt:** 1 serving/day (6 oz. serving); NO FROZEN YOGURT
 - Examples: Dannon Light and Fit, Yoplait light (avoid yogurt with *thick chunks of fruit*), Oikos Triple Zero, Nonfat Greek yogurt (<10 grams sugar); no mix in's
- ✓ **Plain Unsweetened Oatmeal or Cream of Wheat:** 1 serving/day (1 packet or ½ cup cooked)
 - May use ½ cup *unsweetened* soy/almond or *nonfat* milk in preparation
 - May use sugar substitute (Splenda, Stevia) and spice (ie: cinnamon) to sweeten
 - NO sugar (honey, brown sugar, agave), flavors, or fruit

If it's not listed above...it's NOT ALLOWED!!!

Diabetic Modifications:

For patients who have diabetes, make sure you are consuming **15 grams of carbohydrates** every 2-3 hours. Check your blood sugar level more often and adjust medications accordingly under the supervision of your doctor. If your blood sugar is above 150, spread out your carbohydrate intake over a 3-4 hour period.

Sample Menu:

Breakfast	Calories	Carbs	Fat	Protein	Sodium	Sugar
<u>Quaker Oats - Instant Oatmeal Packets - Original, 1 Packet (28g)</u>	100	19	2	4	75	0
<u>Yoplait - Greek 100 Calorie Vanilla Yogurt , 5.3 oz</u>	100	11	0	13	55	7
	200	30	2	17	130	7
Lunch						
<u>Bariatric Advantage - High Protein Meal - Chocolate , 2 Scoops (42g)</u>	160	8	2	27	320	1
<u>Trader Joes - Organic Low Sodium Tomato & Roasted Red Pepper Soup , 1 cup</u>	100	15	4	2	140	8
	260	23	6	29	460	9
Dinner						
<u>Bariatric Advantage - High Protein Meal - Chocolate , 2 Scoops (42g)</u>	160	8	2	27	320	1
<u>Popsicle - Sugar Free Tropicals, 1 piece</u>	15	4	0	0	0	0
	175	12	2	27	320	1
Snacks						
<u>Jell-o - Jello Sugar Free Strawberry, 1 snack size</u>	10	0	0	1	45	0
	10	0	0	1	45	0
Totals	645	65	10	74	955	17