

# 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: \_\_\_\_\_ BEFORE surgery**

### **Foods/Liquids allowed on the diet:**

- ✓ **Protein drinks:** 2-3 protein drinks daily (if using powder; mix with *water/unsweetened almond/soy/coconut* or *nonfat milk* only; OR premade); you may NOT add any fruits or vegetables
- ✓ **Zero calorie/sugar free beverages:** as desired to stay hydrated; **NO ALCOHOL**
  - Examples: Water, Crystal Light, Gatorade Zero, Powerade Zero, Propel Zero, Vitamin Water Zero, SF Kool Aid, Mio, Wyler's Light, tea or coffee (sugar substitute/artificial sweeteners are allowed; 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 or bone broth for extra protein
- ✓ **Thickened Vegetable Soup (*low sodium/low fat*):** 1 serving per day (6-8oz)
  - Examples: Tomato Basil, Roasted Red Pepper, Butternut Squash, Sweet Potato Bisque
  - **Homemade Option:** steam vegetables, place in blender with broth or water and blend until pureed/liquid consistency. Strain through mesh strainer to remove lumps and clumps.
  - 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 (**NO** fruit chunks and <10 grams sugar), Oikos Triple Zero, Nonfat Greek yogurt (higher protein); **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:

The pre surgical diet is a reduction from your usual intake. If you are diabetic and taking insulin, be sure to contact your doctor to discuss blood sugar management before starting this diet and make sure you are consuming **15 grams of carbohydrates** every 2-3 hours.

If your blood sugars drop too low (less than 70 mg/dl), follow these recommendations:

- Have 15 grams of carbohydrates (choose from below)
- 4 ounces (1/2 cup) 100% fruit juice (no sugar added)
- 8 ounces (1 cup) fat free skim milk
- 1 tablespoon honey
- 3-4 glucose tablets
- Wait 15 minutes and re-check your blood sugar
- Consume another 15 grams of carbohydrates every 15 minutes until your blood sugar reaches 70

## 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
	<b>200</b>	<b>30</b>	<b>2</b>	<b>17</b>	<b>130</b>	<b>7</b>

### 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 &amp; Roasted Red Pepper Soup , 1 cup</u>	100	15	4	2	140	8
	<b>260</b>	<b>23</b>	<b>6</b>	<b>29</b>	<b>460</b>	<b>9</b>

### 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
	<b>175</b>	<b>12</b>	<b>2</b>	<b>27</b>	<b>320</b>	<b>1</b>

### Snacks

<u>Jell-o - Jello Sugar Free Strawberry, 1 snack size</u>	10	0	0	1	45	0
	<b>10</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>45</b>	<b>0</b>

<b>Totals</b>	<b>645</b>	<b>65</b>	<b>10</b>	<b>74</b>	<b>955</b>	<b>17</b>
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**\*\*If you are still hungry, have another PROTEIN SHAKE or YOGURT**