



capitahealth

**METABOLIC AND
WEIGHT LOSS CENTER**

Pre-Operative Diet

The pre-operative diet is required for all patients before weight loss surgery. This diet will help to reduce the size of your liver and decrease the fat stores in your abdomen. These changes make it safer and easier for your surgeon to perform surgery.

Instructions:

- 1) Start 2 weeks before your surgery date.
- 2) Daily food goals are:
 - 3-4 protein shakes from approved protein shake list (avoid going over your max goal-ask your dietitian if you are unsure)
 - 1 meal consisting of 3-4 ounces of lean protein, 3 servings of non-starchy vegetables and 1 serving of fat
 - 2 servings of fruit
 - Refer to food exchanges in diet guidelines packet or online for serving sizes and examples.
- 3) Daily fluid goals are:
 - 64 or more ounces of sugar-free, low-calorie fluid such as water or Fruit2O
 - Read Nutrition Facts Labels on all drinks to make sure they are sugar-free.

Purchase your protein shakes in advance.

Each 8 ounce serving should contain 100-200 calories, at least 13 grams of protein and less than 4 grams sugar.

To stay focused,

- Write out your meal plan each evening for the next day.
- Consume all the food and fluid that is recommended.
- If you have food allergies or intolerances to any foods listed, discuss substitutions with your dietitian.
- If you are having a problem with constipation, use fiber supplements as directed on the packaging.
- You may include 2 additional snack servings per day of ½ cup diet gelatin and/or sugar-free popsicles.