

PRE-BARIATRIC SURGERY DIET

It is recommended by your surgeon to follow a **low sugar, high protein, low carb** (similar to the Atkin's) diet 7-10 days before your surgery. This helps deplete the glycogen (sugar) that is stored in your liver, "shrinking" it's size, and making surgery safer.

Here are examples of foods and liquids you can have during this time period.

Any Meats, Poultry, Seafood, and Eggs

You can eat these foods liberally (but do not gorge yourself). The only exception is that you should keep organ meats and lunch meats to a minimum as they have an increased amount of carbs.

Cheese/Dairy

All cheeses are acceptable including cottage cheese and farmer's cheese. Yogurt and milk in 8 oz. quantities can be consumed once per day.

Salad Vegetables

This is a long list of items. Fresh vegetables found in the produce section of the supermarket including sprouts and mushrooms are acceptable. Please note that salad dressings labeled low fat have lots of carbs. Please use these sparingly.

Vegetables (Fresh and Frozen)

Some vegetables have hidden starches such as beans, (pintos, limas, great northern, etc.) and corn. Keep consumption of these vegetables to a minimum. Green vegetables such as green beans, cabbage, turnip greens, spinach, broccoli, and brussel sprouts are low in carbs. Others include celery, tomatoes, eggplant, cauliflower, summer squash, and wax beans. **Vegetables that are battered have extra carbs.**

Sweeteners

Please use sugar substitutes to sweeten foods and beverages.

Juices

Consume smaller amounts of these liquids, because they contain larger amounts of sugar. Limit the amount of sports drinks to 2 cups per day.

These liquids can be taken in any amount since they do not contain sugar.

Sugar-free beverages such as Crystal Light, Wyler's Light, sugar-free Kool Aid, coffee, tea with a sugar substitute or water, broth soups (all varieties), sugar-free popsicles, and sugar-free Jello.

Attention Diabetics!

For those with diabetes, we recommend consuming 15 grams of carbohydrates every 1-2 hours. Be sure to monitor your blood sugars and contact your doctor if necessary. If your blood sugar is greater than 150, spread out these sugar sweetened liquids over a 3 hour period.