

Liquid Form Liver Reducing Diet

Preparation for Surgery



The Preparation for Surgery Liver Reducing Diet Explained

Please read all information thoroughly

- 2-3 weeks prior to your weight loss surgery operation it is essential you follow a low energy (calories), low carbohydrate & high protein diet. The aim of the diet is to help shrink your liver to make it easier for the surgeons to perform the operation. This diet plan is likely to induce weight loss but it is not the primary aim.
- If you do not adhere to this diet then the operation may not be able to be performed or you may put yourself at increased risk of complications during the procedure.
- This diet should be followed until you are admitted to hospital and are made 'nil by mouth' by the ward staff.
- To ensure the diet provides you with the correct amount of nutrients, you must take **2 meal replacement drinks** every day plus additional fluids and specific amounts of fruit and vegetables as detailed in this booklet.
- It is also recommended you take **1 complete multivitamin and mineral tablet everyday** e.g. Sanatogen A-Z Complete, Centrum, supermarket own brand complete A-Z.
- It is very important that you drink plenty of fluids (see suitable options from fluid list). This will help prevent constipation and dehydration. **Try to drink a minimum of 1500mls fluid daily.**

PLEASE NOTE THIS DIET IS FOR PRE-SURGERY ONLY. IT IS NOT REFLECTIVE OF WHAT YOUR DIET WILL RESEMBLE POST SURGERY

ESTIMATED AVERAGE NUTRITION OF DIET
890kcal
90g Protein
65g Carbohydrate
25g Fat
<i>(values may vary due to manufacturer/shop differences)</i>

Choose one option from each box daily to devise your menu:

MEAL REPLACEMENTS

2 meal replacement drinks per day

The meal replacements we recommend are either:

- Slimfast Advanced Nutrition
(Slimfast Original can also be used however protein levels are lower than in Advanced version)
- Supermarket own brands e.g. Asda Great Shape/Tesco Ultralim/Superdrug Slenderplan
- Other brands including: Celebrity Slim, Lighter Life, Atkins

SOUP

1 tin 100kcal/1g fat soup – *always check food labels*

OR

2 bowls of homemade vegetable soup – made with stock cubes, onions, carrots, leeks, mushrooms, celery and tomatoes only (**NO** lentils, potatoes, rice, barley)

PROTEIN

1 fillet white fish (157g)

OR

1 small chicken breast (100g)

PLUS

EGGS

2 eggs (medium sized)

FRUIT

100g mixed berries (strawberries, raspberries or blackberries **NOT** blueberries)

OR

1 apple (106g)

OR

1 pear (133g)

OR

100g blueberries

SALAD

1 bowl mixed salad (300g)
made from lettuce, tomatoes, cucumber, onion, grated carrots (add additional extras for flavouring)

PLUS

VEGETABLES

200g vegetables
(cauliflower, broccoli, cabbage, spinach)

ADDITIONAL EXTRAS




Have these freely throughout the day to add flavouring/provide extra substance

- Stock cubes
- Salt & pepper
- Fresh or dried herbs & spices
- Tabasco
- Marmite
- Vinegar
- Lemon juice
- Soy sauce
- Chewing gum
- Sugar free jelly (either ready-made pots or made up as per instructions)




FLUIDS




Try to have around 1500mls daily

- Water
- No added sugar diluting juice
- Tea/Coffee (max 4 cups) made up with a drop of milk and/or sweetener if preferred
- No added sugar flavoured water (still)
- Bovril (1 cup per day)
- Herbal teas




	<u>SAMPLE MENU A</u>	
  	<i>Breakfast</i> Meal replacement	<div> This day provides: 899kcal 88g protein 62g carbohydrate 26g fat </div>
	<i>Mid Morning</i> 1 apple	
	<i>Lunch</i> 1 bowl homemade soup (as per suggested ingredients) 100g stir fry veg (use additional extras for flavouring)	
	<i>Mid Afternoon</i> Meal replacement	
	<i>Dinner</i> Chicken & egg salad (using 300g mixed salad, 100g chicken breast and 2 eggs)	
	<i>Supper</i> 1 bowl homemade soup (as per suggested ingredients) 100g stir fry veg (use additional extras for flavouring)	

Don't forget your 1500mls additional fluids per day

	<u>SAMPLE MENU B</u>	
<div> This day provides: 895kcal 94g protein 66g carbohydrate 25g fat </div>	<i>Breakfast</i> Meal replacement 50g strawberries	
	<i>Mid Morning</i> 2 eggs (scrambled with splash of milk)	
	<i>Lunch</i> 1 tin 100kcal/1g fat soup 300g salad (use additional extras for flavourings) Sugar free jelly with 50g raspberries	
	<i>Mid Afternoon</i> ½ meal replacement	
	<i>Dinner</i> 1 fillet white fish (157g) with 100g broccoli and 100g cauliflower	
	<i>Supper</i> ½ meal replacement	

	<u>SAMPLE MENU C</u>	
  	<i>Breakfast</i> Meal replacement	<div> This day provides: 902kcal 87g protein 72g carbohydrate 26g fat </div>
	<i>Mid Morning</i> Herbal tea 1 pear	
	<i>Lunch</i> 1 bowl homemade soup (as per suggested ingredients) 300g mixed salad with 2 boiled eggs	
	<i>Mid Afternoon</i> ½ meal replacement	
	<i>Dinner</i> 1 bowl homemade soup (as per suggested ingredients) 1 small chicken breast (100g) with 200g mixed veg	
	<i>Supper</i> ½ meal replacement	

Don't forget your 1500mls additional fluids per day

	<u>SAMPLE MENU D</u>	
<div> This day provides: 896kcal 93g protein 66g carbohydrate 24g fat </div>	<i>Breakfast</i> 2 poached eggs	  
	<i>Mid Morning</i> Herbal tea 50g blueberries	
	<i>Lunch</i> Meal replacement 300g salad (use additional extras for flavourings)	
	<i>Mid Afternoon</i> 1 tin 100kcal/1g fat soup	
	<i>Dinner</i> 1 fillet white fish (157g) with 200g mixed veg Sugar free jelly with 50g blueberries	
	<i>Supper</i> Meal replacement	