

### MODIFIED PRE-OP DIET

It is recommended by your clinical team to follow a low sugar, moderate protein liquid diet prior to surgery. The purpose of this liquid diet is to deplete your glycogen stores, which in turn will make laparoscopic surgery safer. Because of your labs and/or medical history, we would like you to limit the protein content of your diet to less than 80 grams of protein per day. The nutritional guidelines are as followed:

**Meal Plan:**

1	Vegetables	<b>3 servings per day.</b> Non-starchy vegetables. Serving size is ½ cup cooked or 1 cup raw.
2	Dairy	<b>3 servings per day.</b> 1 cup milk(skim, 1%, Lactaid, or Carbmaster) or 6oz lite yogurt (sugar free greek lite or regular lite) or 1/2 cup reduced fat(1% or 2%) cottage cheese.
3	Protein Supplements	<b>2 servings per day.</b> Examples include: Atkins, Slimfast High Protein, Muscle Milk Lite, Premier Protein Shakes and JourneyLite shakes/puddings.
4	Creamed Soups	<b>2 8oz servings per day.</b> Make with water only. Avoid potato, tomato, and pea soups.
5	Lean Protein	<b>2 5oz serving of grilled or baked chicken, fish or lean beef per day.</b> Weigh before cooking.

#### List of Non-Starchy Vegetables

Artichoke Hearts	Asparagus	Beans: Italian, green, wax
Bean Sprouts	Broccoli	Brussel Sprouts
Cabbage	Carrots	Cauliflower
Celery	Chinese Cabbage	Cucumber
Eggplant	Green onions or Scallions	Greens: beet, collard, kale, mustard, turnip
Lettuce: Endive, leaf, Romaine, iceberg	Mixed Vegetables: No peas or corn	Mushrooms
Okra	Onions	Peppers, all varieties
Radishes	Sauerkraut	Snow peas or Pea pods
Spinach	Summer Squash	Swiss Chard
Tomato, raw	Vegetable Juice	Zucchini

**These liquids can be taken in any amount since they do not contain sugar. Aim for 48-64oz:**

- Water, Sugar free beverages such as Crystal Light, Wyler's Light, Sugar-free Kool Aid, Sugar- free Tang, Diet Snapple, MIO, Minute maid Lite(all flavors), Fruit 2 0 or Propel Zero, Powerade Zero. Decaffeinated coffee or decaffeinated tea with sugar substitute.
- Sugar Free Popsicles and Sugar free gelatin
- Strained broth soups, bouillon, and broth granules.
- Sugar Free gum and Mints

**ATTENTION DIABETICS!!!** Be sure to monitor your blood sugars and contact your doctor, PCP or endocrinologist if necessary. If your blood sugar is greater than 150mg/dl, spread out the liquid carbohydrates over a three hour period.

**Liquids with 15 grams carbohydrates:**

- ½ cup 100% orange, apple or grapefruit juice
- 1 popsicle
- 1/3 cup regular gelatin or 2/3 cup snack pack gelatin
- ½ cup regular Kool-Aid
- Tbsp honey or sugar mixed into a beverage
- 4oz. Regular soda pop
- 2 oz. Sherbet

**If you have any questions please contact the Registered Dietitian at (513)-559-1222 extension 5, or email [rd@curryweightloss.com](mailto:rd@curryweightloss.com)**