

BARIATRICS

LIVER SHRINKING DIET



Liver Shrinking Diet

Purpose of the Diet: To reduce your liver through weight loss

When to Start: 2 weeks before surgery unless your surgeon has recommended a longer amount of time

People with extra abdominal fat often have enlarged fatty livers which can make the organ difficult to get around during surgery. Having a smaller liver will make it easier for your surgeon to operate.

**Before you start your diet, be sure to contact your primary care provider if you are taking diabetes or high blood pressure medications. Your doctor may need to adjust your medications to reduce the risk of low blood sugars or low blood sugar because this diet is very low in calories.*

Diet Instructions:

- Consume all food as recommended on the meal plan
- Drink at least 64oz fluids per day
- Take a regular MVI daily

Diet Instructions:

- Breakfast- Bariatric friendly protein shake or protein bar
- Morning Snack- 1 serving of fruit
- Lunch- Bariatric friendly protein shake or protein bar, at least 1 serving of non-starchy, 1 serving of fat
- Afternoon Snack- 1 serving of fruit
- Dinner- 3-4oz lean protein, at least 1 serving of non-starchy, 1 serving healthy carbohydrate (fruit, vegetable, starchy vegetable, or healthy grain), 1 serving of fat

Sample Meal Plan	Food
Breakfast	Premier Protein shake
Morning Snack	1 cup berries
Lunch	Costco brand protein bar, 1 cup carrots with 1 tbsp low fat salad dressing
Afternoon Snack	½ banana
Dinner	4oz grilled chicken, 1 cup cooked broccoli with 1 tsp olive oil, 1/3 cup brown rice

Calories: 762; Protein: 93g; Carbohydrates: 72g; Fat: 14g

Recommendations for a Bariatric Protein Supplements

Food Label	Bariatric Protein Shake	Bariatric Protein Bar
Calories	Less than 200	Less than 230
Sugar	Less than 7 grams	Less than 7 grams
Protein	At least 20 grams	At least 20 grams

Lean Protein

Chicken or turkey breast (skinless) • Water-packed tuna • Cod, tilapia, trout, haddock, snapper, salmon • Shellfish (crab, scallops, shrimp) • Oysters, clams • Eggs or egg substitute • 6 ounces unsweetened soy milk • Lean ham or Canadian bacon • Veal, sirloin, flank steak, beef tenderloin • Pork • ½ cup tofu

Fat

1 tsp olive, canola, or flaxseed oil • 2 tbsp or 1/8 avocado • 1 tbsp low fat salad dressing • 1 tbsp light mayonnaise • 6 cashews or almonds • 4 walnut or pecan halves • 1 tbsp seeds: pumpkin, sesame, sunflower

Healthy Grain/Starch

1/3 cup brown rice, wild rice, quinoa • 1/3 cup whole wheat pasta • ½ cup plain, unsweetened oatmeal (not instant) • ½ cup peas, sweet potato, yam, or corn • ¼ large baked potato • 1 cup winter squash (acorn, butternut) or pumpkin • 1 slice whole wheat bread

Fruit

1 small piece of fruit • ½ banana • 1 cup berries • 1 cup melon

Non-Starchy Vegetables: serving size is at least 1 cup

- *You may consume an unlimited amounts of non-starchy vegetables per day*
- *You may add fresh/dry herbs, spices, salt, pepper, but DO NOT added sauces or high fat dressing*

Alfalfa sprouts • Asparagus • Bean sprouts • Beets • Bell peppers • Broccoli • Brussels sprouts • Cabbage • Carrots • Cauliflower • Cucumbers • Eggplant • Green beans • Greens (kale, turnip, beet greens) • Jicama • Leeks • Mushrooms • Okra • Onions • Spinach • Tomatoes • Zucchini