

COLORADO SPRING SURGICAL ASSOCIATES

Preoperative Bariatric Diet

This 10-day eating plan is intended for weight loss prior to bariatric surgery to decrease fat stores in the liver, allowing better visualization during surgery.

Drink plenty of non-caloric, non-caffeinated, non-carbonated beverages, a minimum of 64 ounces per day. These may include:

- Crystal Light
- Herbal teas
- Sugar-free Tang, sugar-free Kool-Aid
- Diet V-8 Splash or Diet Snapple
- Propel Fitness Water
- Sugar-free Jell-O of popsicles
- Low sodium broth

Three times per day, consume 8 ounces of one of the following:

- EAS Advantage Edge Carb Control Shake
- Light yogurt with no chunks of fruit
- Carnation Instant Breakfast – NO sugar added, with skim, 1%, or low-fat Lactaid milk
- Atkins Shakes
- EAS Advantage Whey protein powder mixed with water or skim milk
- UNJURY whey protein (www.UNJURY.com)
- High protein pudding, sugar-free (available at GNC stores)
- Chike Nutrition shakes (www.csshakes.com)

Once per day, consume one (1) item from each of these categories:

(1)	(2)	(3)
3 oz. of chicken breast 3 oz. white fish or tuna 3 oz. pork loin ¾ cup egg whites ¾ cup legumes 4 oz. low-fat tofu	½ cup whole grain pasta ½ cup brown rice 1 oz. whole wheat bread 4 oz. sweet or plain potato	1-2 cups cooked vegetables 2-3 cups leafy greens (spinach or romaine lettuce)

Example of the preoperative eating plan:

<u>Breakfast</u>	<u>Lunch</u>	<u>Mid-Afternoon Snack</u>	<u>Dinner</u>
8 oz chocolate UNJURY	8 oz. non-fat milk with vanilla sugar-free Carnation Instant Breakfast	High protein pudding	3 oz. Tilapia 4 oz. sweet potato 1 cup cooked broccoli

Questions? Call the office at (719)635-2501