

PRE-OPERATIVE DIET:

TO help you lose weight prior to your endoscopic procedure (i.e. ESG, EGBR, SIS), starting 2 weeks before your surgery, you will follow the diet guidelines below:

- Start with 9 days of solid calorie diet (Do not drink protein shakes during this week).
- Then, 5 days of protein shakes (Do not eat solid foods during this week).

1200 CALORIE SOLID FOOD DIET

Start: 14 days before surgery

Duration: 9 days

Diet Instructions:

- 900 – 1200 calories a day
- Do not consume protein shakes unless directed to do so by your physician
- all beverage should have zero calories, for example Crystal Light, Diet Snapple, Fruit 2O, water (see Fluid options above)
- Avoid all high calorie and soft, mushy foods that can easily pass through a dilated gastric pouch or dilated GJ outlet (stoma).
- Avoid any foods that dissolve in your mouth or do not require chewing
- Avoid all highly refined or processed foods
- Avoid condiments
 - i.e. butter, gravy, cream cheese, peanut butter, oil
- Avoid liquid calories, all beverage should have zero calories
 - Crystal Light, Diet Snapple, Fruit 2O, water, etc are ok to drink
- **Examples of foods to avoid:**
 - Beverages high in calories
 - Fruit juice, fruit smoothie or frappes
 - power drinks, soda, coffee with added cream or sugar
 - Foods that do not require chewing
 - Soups, cottage cheese, yogurt, peanut butter, mashed potato
 - apple sauce, pudding, ice cream
 - Foods that dissolve in your mouth
 - White rice, white bread, crackers, chips, pretzel, cereal
 - Foods that are processed
 - Cookies, protein bar, prepackaged foods, frozen meals
 - Fast food, 100 calorie packs of any kind
- **We encourage you to eat solid, bulky, high fiber, low fat foods.**

Sample Solid Food Diet Plan:

Meal	Food	Liquids	Calories	Protein (g)
Breakfast	-1 scrambled egg		78	6
	-1 piece whole wheat toast		100	3
	-2 links turkey sausage		140	13
		8 oz Decaf coffee	5	0
		8 oz water		
Snack	1 serving fruit		60	0
	Chewable Calcium	8 oz water	0	0
Lunch				
	2 cups salad greens with non-starchy vegetables 4 oz grilled/steamed chicken 2 teaspoons oil 1 Tablespoon vinegar OR 1 Tablespoon light dressing Herbs, salt, pepper		250-330	21-28
Snack	Chewable Multivitamin	8 oz water	0	0
	1 hard boiled egg		78	6
Dinner		8 oz water	0	0
	-3 oz grilled/steamed/poached fish -1 cup steamed broccoli -1/3 cup sweet potato Sodium free herbs/seasoning		120-150 50 80 0	21 2 3 0
Snack	Chewable Calcium	8 oz water	0	0
	1 serving fruit		60	0
		8 oz water	0	0
		8 oz water		
Total		64 oz water	1021-1131	75-82g

Variations:

Instead of:

Use:

- 1 Egg
- 2 turkey sausages
- 1 piece whole wheat toast

- ¼ cup Egg beaters (30 calories, 6 g protein)
- 2 veggie sausages (120 calories, 13 g protein)
- ½ Whole wheat English Muffin

Breakfast above

1 cup skim milk and ½ cup of steel cut or Irish oatmeal

1 serving fruit in AM

- ½ cup grapes
- 1 cup cubed melon
- 1 cup fresh pineapple

	½ whole pear
Lunch above	3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (rice, pasta, potato)
2 teaspoons oil and 1 Tablespoon vinegar	1 Tablespoon regular salad dressing 2 Tablespoons light salad dressing
1 hard-boiled egg	¼ cup boiled edamame (soybeans)
Dinner above	3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (brown rice, whole grain pasta, baked potato)
1 cup cooked vegetables	2 cups raw vegetables (exclude starchy vegetables, such as peas, corn, potatoes, lima beans, plantain, squash, and yams)

PROTEIN SHAKES

<u>Begin:</u>	5 days before surgery
<u>Duration:</u>	5 days
<u>Fluid Goal:</u>	60 ounces per day (protein drinks do NOT count towards fluid goal)
<u>Protein Goal:</u>	60 grams per day
<u>Calorie Goal:</u>	900 – 1000 calories per day
<u>Vitamins:</u>	1) <u>TWO</u> chewable multivitamins (children's or adult) <ul style="list-style-type: none">• Centrum adult or children's complete chewable• Flintstone's complete chewable plus additional 500mcg Vitamin B12 OR <u>TWO</u> tablespoons of liquid multivitamin <ul style="list-style-type: none">• Centrum liquid
	2) Calcium Supplement with Vitamin D 1200 – 1500mg per day <ul style="list-style-type: none">• Maximum 500 mg per dose• Calcium Citrate is preferred due to better absorption

DO NOT take the multivitamin and calcium at the same time taking together may interfere with each other's absorption

Diet instructions:

- Record all fluid intake
- Drink 8-12 ounces over 30 minutes
- Practice sipping slowly
- Wait 30 minutes after drinking protein shake to start drinking other fluids
- Do not use straw
- Do not drink with meals
- It is VERY important that you stay hydrated

Guidelines for High Protein Supplement:

- Calories: 150-200cal/serving
- Protein: minimum of 15gm/serving
- Sugar: maximum of 10gm/serving

Fluid options:

- Water
- Crystal light
- Propel Fitness Water or G2
- Bouillon or broth
- Fruit₂O
- Decaffeinated coffee or tea (Diet Snapple)
- “Flat” decaffeinated diet soft drink or diet ginger ale
- Sugar – free popsicle (less than 20 calories each – limit 2-3 per day)