

Pre - Operative Diet Before Bariatric or Weight Loss Surgery

Information for patients

- ✓ This diet is effective in short term, not to be used under any circumstances for more than 3 weeks, it achieve temporary weight loss.
- ✓ This diet may or may not decrease your weight but will reduce the size of your liver which reduces the risk of complications and helps in postoperative recovery.
- ✓ For better results and safety, follow this diet schedule strictly before surgery, one extra meal can reverse all the positive change which you have induced in your body.



During the pre-operative diet you will need to:

- ✓ Spread food and drinks evenly throughout the day. Do not save up everything for later in the day.
- ✓ Drink a minimum of 2 liters of fluid every day and drink more in hot weather. This includes all fluid, e.g. milk, juice, squash, tea, coffee. Remember to count these as part of your total calorie intake every day.
- ✓ Drink at regular intervals throughout the day.
- ✓ Avoid alcohol.
- ✓ Try to keep busy and active all day.

What does the pre-operative diet involve?

The diet plan is designed to give you approximately 100g of carbohydrate per day. It is low in fat although this depends to some extent on the foods you choose) and moderate in protein. The energy value of the diet is between 800-1000 kcal per day.

The diet plan consists of set quantities of foods from five different food groups. This will provide you with a varied and balanced, low calorie diet.

Group	Food Groups	Group
A	Carbohydrate	3
B	Protein	2
C	Fruit	2
D	Vegetables	3-5
E	Milk	2

Food Group Portion Sizes

See the list below for what constitutes a portion, e.g. 2 heaped tablespoons of boiled rice equals 1 portion of carbohydrate.

It is important not to eat less than the specified portions of carbohydrate as this can make you feel unwell.

Group wise Portion Sizes and Allowance

Group A - Carbohydrate Food Allowance (3 portion per day)

1 Portion	1 Portion
1 Medium slice of brown bread or toast with a scraping of margarine	2 Egg-sized old potatoes (boiled or mashed)
5 Tablespoons all-bran	2 Tablespoons boiled rice
1 & 1/2 Weetabix	3 Tablespoons boiled pasta
1 shredded wheat	2 Rich tea biscuits
3 Tablespoons bran flakes or cornflakes	1 Digestive biscuit
3 Tablespoons dry porridge oats	2 Crisp breads
4 Tablespoons rice krispies	2 Small oat cakes

Group B - Protein Food Allowance (2 portion per day)

1 Portion	1 Portion
100g very lean cooked meat	2 medium eggs (limit to 6 per week) (poached, boiled, scrambled)
55g very low fat soft cheese spread	1 small chicken breast (no skin)
100g cooked white fish or tinned tuna (in brine or spring water)	4 tablespoons cooked peas, lentils, beans (including baked beans), kidney beans etc.
60g low fat cheese	40g Tofu or Quorn
100g low fat cottage cheese	

Group C - Fruit Food Allowance (2 portions per day)

1 Portion	1 Portion
1 medium size piece of fresh fruit e.g. apple	1 handful of grapes
2 small fruit e.g. plums, orange	1 small glass fruit juice (150mls)
150g (5oz) strawberries	1 heaped tablespoon dried fruit

Group D - Vegetable Food Allowance (3-5 portions per day)

1 Portion	1 Portion
3 heaped tablespoons cooked vegetables	Use a wide variety of raw and cooked vegetables and salads, e.g. beetroot, broccoli, cabbage, spinach, celery, cucumber, fennel, leeks, lettuce, mushrooms, watercress, cress, peppers, radish, spring onions, tomatoes (tinned or fresh).
1 side salad (the size of a cereal bowl)	
1 tomato or 7 cherry tomatoes	
1 glass (200ml) tomato or vegetable juice	

Group E - Milk Food Allowance (2 portions per day)

1 Portion	1 Portion
200mls semi or skimmed milk for drinks and cereal	1 small pot of diet or lite light yoghurt

Suggested Menu: The following sample menu demonstrates what a typical day may include and how many portions of different food group you can eat.

Food schedule	Portion Group wise	Menu
Breakfast	1 x Group A	3 tablespoons cereal with milk from allowance or 1 slice toast with a scraping of low fat spread or jam
Mid Morning	1 x Group C	1 Apple
Lunch	1 x Group B 1 x Group A	100gm lean Ham with large mix salad 2 egg size potato
Mid Afternoon	1 x Group E	1 Diet yogurt
Evening Meal	1 x Group B 2 X Group D 1 X Group A	100 g of Roast chicken with no skin Selection of Vegetable 2 heaped table spoon boiled rice
Evening Snacks	1 x Group C	150 g strawberries or 2 small plums
Throughout the day		Remainder of milk allowance Plus calorie free drinks to make up to at least 2 liters

Vegetarian Food Menu Sample

Food schedule	Portion Group wise	Menu
Breakfast	1 x Group A	3 tablespoons cereal with milk from allowance or 1 slice toast with a scraping of low fat spread or jam
Mid Morning	1 x Group C	1 Apple
Lunch	1 x Group B 1 x Group A	50 gm low fat cottage cheese with large mix salad 2 egg size potato
Mid Afternoon	1 x Group E	1 Diet yogurt
Evening Meal	1 x Group B 2 X Group D 1 X Group A	150 g of cooked pulses(ready 1 katori) Selection of Vegetable 2 heaped table spoon boiled rice
Evening Snacks	1 x Group C	150 g strawberries or 2 small plums
Throughout the day		Remainder of milk allowance Plus calorie free drinks to make up to at least 2 liters

Any of spices/ condiments listed below can be used to add flavour :

Salt, pepper, fresh or dried herbs, spices, mustard, curry powder, lemon/lime juice, vinegar, yeast extract, fish sauce, soy sauce or other stock cubes, vanilla and other essence.

