

Pre Bariatric Surgery Diet

- Start **5 days prior to your surgery date** (ex. Surgery date is September 25th; start pre-surgery diet on September 20th)
- Diet Plan: **3-4 protein shakes plus unlimited clear fluids**
 1. Criteria for protein shakes: **<200 calories per serving, 15 grams or more protein, <5 grams sugar, <5 grams fat**
 2. Examples of clear fluids – recommend minimum of **6-8 cups (48-64 oz):** water, Crystal Light, fat-free broth, sugar free Jell-O, sugar free popsicles, Propel, PowerAde Zero, SF herbal tea, decaf coffee

Protein Shakes
Water
Broth (fat-free)
Popsicles (SF)
Propel
or
Powerade
or
Fuze

Example:

Breakfast: Protein shake (either ready-to drink type or powder form you mix with water (do not mix with milk or add fruit))

16oz Crystal Light

Lunch: Protein shake

1 cup fat-free chicken broth
1-2 cups Powerade Zero

Dinner: Protein shake

1 cup fat-free vegetable broth
1-2 cups sugar-free herbal iced tea

4oz sugar-free jello, 2 sugar-free popsicles

*Fuze
slendcize
low carb

*Powerade
ZERO

AND fruit
juice popsicles

- It is recommended that you stop taking vitamin/mineral supplements during this time.
- Discuss with your doctor about any medications you may or may not need to take during this time.

Ready to Drink

Brand Name	Serving Size	Protein (grams)	Calories	Sugar (grams)	Fat (grams)
Zero Carb Isopure*	20 oz	40	160	0	0
Acheiv One	9 oz	20	120	3.5	0
Worldwide Pure Protein	11 oz	35	160	1	1
Myoplex Carb Control	11 oz	25	150	1	3.5
AdvantEdge Carb Control	11 oz	17	110	0-1	3
Premier Nutrition	11 oz	30	160	1	3
RTD Extreme Smoothie	11 oz	35	170	4	.5
Muscle Milk Light	8.5 oz	20	160	3	5
Designer Whey	10.5 oz	18	100	3	2

* These protein drinks are lactose free (whey isolate, casein, soy or egg based)

Where to purchase protein supplements

- Costco, Henry's, Jimbo's, CVS, Target, GNC, Vitamin Shoppe, Walmart, Whole Foods, etc.
- Internet sites include: www.vitaminshoppe.com, www.bariatriceating.com, www.drugstore.com, www.gnc.com

Protein Supplements

When choosing protein supplements, **review labels** for serving size, calories, protein, sugar and fat content. Choose those with:

- less than 5 grams of total fat and less than 5 grams of sugar
- 15 grams or more of protein
- 200 calories or less

Protein Powders

Brand Name	Serving size	Protein (grams)	Calories	Sugar	fat
Zero Carb Isopure*	1 scoop	25	100	0	<1
Nectar Whey Isolate*	1 scoop	23	90-100	0	0
GNC 100% Whey	1 scoop	20	130	2	2.5
Muscle Milk Light*	1 scoop	12.5	97.5	1	3
Biochem*	1 scoop	10-20	50-80	<1	<1
Jimbo's Show Me the Whey*	1 scoop	18	92	2.5	<1
Jay Robb Egg White Protein*	1 scoop	24	120	0	0
Genisoy Ultra* (natural)	3 T	25	110	1.5	0
Unjury*	1 scoop	20	80-100	0-3	0-1
Pure Protein	1 scoop	25	140	2	3
Vega One* Shake (hemp, brown rice, pea)	1 scoop	15	138	1	4
Nutiva* Hemp Protein	3 T	11	80	1	4
Jarrow* Formula Brown Rice Protein	2.5 T	12	55	0	0

*These protein powders are lactose free

Lactose Intolerance

Lactose intolerance results from the body's inability to digest the milk sugar called lactose. Lactose is commonly found in dairy-based foods and beverages and is digested in the intestines by the enzyme lactase. If you experience cramps, bloating, gas, diarrhea, and nausea after eating dairy products you may be lactose intolerant.

Consider the following suggestions to manage lactose intolerance:

Try Lactose Reduced Milk

- Lactaid or Land O Lakes Dairy Ease which are 100% lactose free
- Choose fat free or low fat varieties

Try Soy Based Products

- Soy milk, soy cheese, soy yogurt
- Choose fat free or low fat varieties
- Avoid sweetened flavors (vanilla, chocolate, etc)

Try Yogurt

- Choose yogurts that specify "active or live culture" on the label. Active or live cultures help to digest some of the lactose, making it easier to digest
- Choose low fat, fat free, sugar free varieties

Try Cheese

- Much of the lactose is removed during the processing
- Choose low fat or fat free varieties

Try Lactaid Supplements

- Lactaid supplements work naturally to break down the milk sugar making it easier to digest dairy foods
- Take before eating or drinking any foods containing dairy products
- Lactaid is available in swallowable or chewable tablets