

Liver Shrinking Diet

for Dr. Kuri patients with a BMI of 45 or higher

Background Information

The liver can become enlarged and contains abnormally large deposits of fat when a person is obese. This causes problems for laproscopic placement of the Lap Band because the liver is “in the way” of the surgical area during band surgery. The liver must be held back with surgical instruments, and when enlarged, it is very fragile and bleeds easily when touched or manipulated. This bleeding can be difficult to control and the extra care required with an enlarged liver increases surgical risk, as well as anesthesia time. Longer surgical and anesthesia times can make both immediate and longer-term recovery much more difficult for you. An especially large and fragile liver has even caused some Band surgeries to be cancelled for the safety of the patient.

We have found that a special diet that is followed for a few weeks before surgery has been extremely effective in shrinking and firming the liver. This diet reduces the risk of potential bleeding and extended surgical time. The high-protein and low-carbohydrate (carb) pre-operative diet is required for all patients with a 45 BMI or higher. Patients who need this diet are given a specific prescription by Dr. Kuri and time frame they will need to be on the diet. It is very important to follow this diet carefully for the prescribed time in order to increase surgical safety. By the way, any patient with a BMI lower than 45 may follow this LSD, if they wish, for 1-2 weeks prior to surgery, to jump-start weight loss and decrease surgical risk.

Please follow the prescribed diet very carefully. We want you to have an easy, safe, and uneventful a surgery and recovery time as you begin your new, BANDED, HEALTHIER life!

The prescribed SPECIFIC DIET PLAN is extremely important to follow to the letter. The goal of this diet is to enter a temporary period of dietary ketosis. This dietary ketosis results in liver shrinking and helping to normalize your metabolism so that you can do well with banding. Even the smallest amount of excess food over the allowed limits of non-protein, carb-laden food can take you out of ketosis and easily negate many days worth of the low carbs that are so greatly decreasing your surgical risk. Many patients do lose some weight as well, which will jump-start your Band weight loss as you begin to regain and improve your health.

Liver-Shrinking Diet Particulars

1. The diet consists of protein bars and protein drinks for two meals plus snacks daily. One SOLID MEAL per day is permitted consisting of food selections listed below in the Food Plan section.
2. There are NO CALORIE LIMITATIONS on Dr. Kuri's Liver-Shrinking Diet. You may eat or drink as much as you wish of the foods permitted to feel satisfied, although we suggest reasonable limits to assist your weight loss. We don't want you to feel hungry. The only limit is the number of NET carbs you may have per day.
3. A maximum of 50 grams of carbs per day – 10 gm from ALL your choices on the SOLID FOOD portion of the diet, and 40 gm from your choices of protein drinks and protein bars. This ratio is very important. There are NO carbs in solid protein like meats, chicken, cheese, and eggs, so there are no limits in these protein foods.
4. You may have as many high-protein/low carb protein drinks and protein bars per day as you wish, as long as your total net carbs from these products do not exceed 40 gm. Fewer than 40 gm carbs is fine.
5. You may have any type, brand, and quantity of protein drinks and bars that you wish, as long as you read the labels carefully so you are getting a MAX of 40 grams of NET carbs a day from the total servings of bars and drinks combined.
6. Count only the NET CARBS that are on the label, not the "total" carbs. Please eat and drink NOTHING that is not clearly labeled as to net carb content. With some products, the "Net Carbs" are called "Impact Carbs" or "Effective Carbs".
7. For one meal a day, you may have many choices of solid protein. Please see the LSD "SOLID PROTEIN – One meal a day" " section of this diet.
8. You may have as much water, Crystal Light, herbal or regular teas, as you wish, and some coffee. Please remember, use artificial sweetener instead of sugar, and NO milk/creamers with high carbs. You must count any carbs you add to your coffee in your daily maximum total of 50 grams of carbs. One tsp of real sugar is 4 gm Net carbs. One packet of aspartame-containing sweetener is 1 gm Net carbs. You may also find other flavored/non-carbonated waters with zero carbs that you like, and these are fine to use. A good goal for all Bandsters is about 100 oz a day of fluids, so please begin now to aim for this daily fluid intake.

9. Your local GNC or other nutrition store will have a variety of drinks and bars to try. We suggest that you purchase a variety of drinks and bars to try before investing in a large quantity so you can find some you really like. Don't buy huge quantities, as protein bars and drinks are not useful or suggested after you are back on real foods after surgery, except in a very few specific times of trouble.
10. Many patients have reported that the "UNJURY" brand of protein drink mix is the best tasting and among the least expensive. We highly recommend it. It is available online only, but ships very quickly. Flavors include Chocolate, Strawberry Sorbet, Vanilla, chicken soup, and an "Unflavored" that can be mixed with almost anything. They also offer samples of each flavor to try. Their web address is: www.Unjury.com

The "Nectar" protein drinks are also very good, and something different than the same old chocolate, strawberry, or vanilla. The Nectar drinks are clear "fruity" protein drinks, and are also useful for the post-op clear fluid days. Their web address is:

http://www.qfac.com/supps/nectar_protein_fuzzy_navel.html

Search the web to find the best prices on "Nectar".

After you determine which protein bar(s) you prefer, search the web for "low-carb protein bars" and compare costs, grams of protein, and grams of net carbs. Online sources are often much less expensive than those found in local stores, and the shipping is often free. We feel that the Atkins ADVANTAGE and ENDULGE bars are excellent, with about 2-4 grams of Net Carbs per bar, but there are several other brands that are fine. Again, please read labels very carefully. You can also ask others on the online band support boards for suggestions.

11. Watch out for things that you would normally not consider food! Chewing gum (no-cal gum is fine), breath mints, cough syrup, hard candy, and cough drops nearly all have sugar carbs. Avoid unconsciously putting anything into your mouth –check the labels!
12. Avoid carbonated beverages. You won't be able to have them after surgery, so start weaning off them now.
13. Do your best to minimize coffee and alcohol. Both are gastric irritants and can harm the stomach. An occasional alcoholic drink or a daily cup of regular-strength coffee is ok for most people, unless they have stomach pain or discomfort from it.

FOOD PLAN

Breakfast: Your choice of protein drinks and protein bars, up to a max of 15 gm NET carbs

Lunch: Your choice of protein drinks and protein bars, up to a max of 20 gm NET carbs

Dinner: Please refer to the SOLID MEAL page of this LSD. If you wish, you may reverse lunch and dinner, and have the solid meal at noon.

Evening snack: One protein bar or one protein drink, not to exceed 5 gm NET carbs

If you wish, you may have less for breakfast, and add a protein bar or drink as a snack between breakfast and lunch. The important thing is that ALL the protein bars and drinks TOGETHER DO NOT EXCEED 40 gm Net carbs a day. Then, about 10 gm of carbs will come from your "SOLID MEAL" choices, to total the limit of 50 gm carbs a day. This total of 50 gm a day MAXIMUM of carbs is extremely important.

Examples of good high protein, low-carb drinks and bars:

If you choose the lower-carb options, you may have many more per day.

- Isopure Clear Protein drinks - strawberry, grape, blueberry, Alpine punch (0 carbs - As much as you wish - no limits AT ALL)
- Zero-Carb Isopure Mix – strawberry, vanilla, chocolate. (As much as you wish - no limits AT ALL)
- UNJURY protein powder – vanilla, chocolate, non-flavored - mixed with skim milk: 20 gm protein. (3 gm Net Carbs/serving)
- PRIA Carb Select bars: 10 gm protein. (2gm Net Carbs/serving)
- EAS Myoplex protein bars: 29 gm protein (2 gm "Effective" carbs)
- Atkins Advantage protein bars: 17 gm protein - Berry Granola, many other flavors (2 gm "Net" Carbs)
- Pure Protein Bars: 30 gm protein. (5 gm Net Carbs)
- Nitro-Tech Protein Bars: 35 gm protein (4 gm Net "Impact" carbs)

Solid Meals

Dr. Kuri's LSD allows one meal of SOLID Protein food per day, in addition to 2 meals and snacks of protein bars and protein drinks. You may also have very limited carbs during the day, for a total of 40-50 gm carbs. Please choose from ONLY these foods, no substitutes. These foods are all very low-carb and high-protein, and will promote the LSD needs for your SAFER surgery and EASIER recovery, as well as a jump-start for great weight loss.

Entrée – *You may have your choice of the following for your ONE MEAL a day of solid protein:*

1. Steak – any amount of good quality steak – but please choose a reasonable portion
2. Hamburger patty, lean – any size, good quality
3. Chicken breast or thigh – any amount, may eat skin if you wish
4. Fish steak – any amount
 - a. Salmon, halibut, crab, trout, talapia, bass, perch, sturgeon, etc.
 - b. No breading, no fish sticks, no batter – plain only, please
5. Eggs – soft boiled, hard boiled, scrambled, poached – any amount

- You may use salt, lemon juice, any plain spice WITHOUT sugar in it, such as dill, pepper, or onion powder. Please be sure to read labels to watch for carbs!
- You may have 1 TBSP any kind commercial tartar sauce but NO ketchup or BBQ sauce
- You may use 1 TBSP Light Mayo or light Miracle Whip
- You may cook in Butter, margarine, olive oil, or cooking spray if you wish – no limit to quantity.

Vegetable - *You may have ONE of the following choices per day of veggies:*

1. Carrots - ½ cup canned, frozen, fresh cooked, or raw - sliced, shredded, diced
2. Peas - ½ cup canned, fresh, or frozen
3. Peas and carrots, mixed – ½ cup, canned, fresh, or frozen
4. Broccoli – 1 cup frozen, raw, chopped or pieces
5. Cauliflower – 1 cup frozen, raw, chopped or pieces
6. Green Beans – 1 cup canned, fresh, frozen

- No corn, beans, or ANY other veggie, please.
- Butter or margarine: You may add ONE tsp of either, and any spice you wish as long as it does not contain carbs.
- Cheese: You may add ½ cup cheese, any kind, shredded or melted, as you wish to the EGGS, to the SALAD, or to the VEGGIES, but only one serving of cheese per day.

Salad – *you may have 2-3 cups of any kind of LETTUCE ONLY.*

You may add 2 TBSP of any salad dressing – regular dressing, NOT FAT-FREE or LOW-CALORIE (The regular actually has fewer carbs than the FF or low cal)
** OR ** you may choose ½- 1 cup 1% or 2% COTTAGE CHEESE instead of a salad

All the above choices total about 10 GM of carbs per day. There are no carbs in solid protein, only in the dressings, veggies, etc.

Thank you for following this Liver Shrinking Diet carefully. It is your first step to a successful weight loss surgery and journey with your new Band. Please note that because of the nature and purpose of this diet plan, you must remain on the diet up to and including the entire day before surgery. One single high carb meal could undo all of the weeks of effort. Absolute compliance is essential.

This seems like a lot of information, but once you get started, it is very easy to follow. Print these pages so you can use them where ever you go until it becomes routine. You can even go out for dinner, just eat a nice steak or chicken breast and a salad!

Please keep in mind that I am available to help you every step of the way. As always, don't hesitate to call if you have questions or concerns.