

Oxford Bariatric Service

Pre bariatric surgery diet

Information for patients



Why do I need to follow a pre-operative diet?

Before obesity surgery, it is essential that you follow a strict calorie controlled diet. This will reduce the size of your liver and help to reduce the risk of complications associated with the surgery.

The liver is a large organ lying over your stomach within the abdomen. If you have a body mass index (BMI) over 35-40kg / m², your liver is likely to be particularly large due to additional stores of glycogen (storage form of carbohydrate), water and fatty deposits. This can make obesity surgery difficult. This strict diet will reduce the amount of glycogen, water and fatty deposits in the liver, so reducing the overall size of the liver. This will allow the liver to be safely moved aside during the operation.

For the diet to be successful, it is important that you stick to it for the full period of time specified by your Dietitian. There may be a temptation to have a special / larger meal before surgery. However, if you do this, this will reverse the liver reducing effects of the diet.

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 litres 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.
- **Take a daily multivitamin and mineral tablet.**
- Try to keep busy and active all day.

Diabetes medication

If you currently control your diabetes with medication, this will need to be adjusted during the pre-operative diet. As you reduce your food intake, you may need to reduce your medication. Check your blood sugar levels more regularly to make sure that you do not experience "hypos".

If you control your diabetes by diet alone, you will not need to worry about your blood sugars becoming too low.

Speak with your GP or practice nurse about this; they may be able to offer advice on how best to control your diabetes during this time.

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.

| Food Groups | Number of Portions Daily |
|-----------------------|---------------------------------|
| 1. Carbohydrate (CHO) | 3 |
| 2. Protein | 2 |
| 3. Fruit | 2 |
| 4. Vegetables | 3-5 |
| 5. 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 (CHO).

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

Portion Sizes and Allowance

Carbohydrate Food Allowance (3 portions per day)

| 1 Portion | 1 Portion |
|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• 1 medium slice of bread or toast with a scraping of margarine | <ul style="list-style-type: none">• 2 egg-sized old potatoes (boiled or mashed) or 3 new potatoes with skin |
| <ul style="list-style-type: none">• 5 tablespoons all-bran | <ul style="list-style-type: none">• 2 tablespoons boiled rice |
| <ul style="list-style-type: none">• 1½ weetabix | <ul style="list-style-type: none">• 3 tablespoons boiled pasta |
| <ul style="list-style-type: none">• 1 shredded wheat | <ul style="list-style-type: none">• 2 rich tea biscuits |
| <ul style="list-style-type: none">• 3 tablespoons branflakes or fruit & fibre or cornflakes | <ul style="list-style-type: none">• 1 digestive biscuit |
| <ul style="list-style-type: none">• 3 tablespoons dry porridge oats | <ul style="list-style-type: none">• ½ bagel |
| <ul style="list-style-type: none">• 4 tablespoons rice krispies | <ul style="list-style-type: none">• 2 small oat cakes |
| <ul style="list-style-type: none">• 1 crumpet | <ul style="list-style-type: none">• ½ pitta or 1 small pitta |
| <ul style="list-style-type: none">• 2 crispbreads | |

Protein Food Allowance (2 portions per day)

| 1 Portion | 1 Portion |
|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• 100g (4 oz) very lean cooked meat | <ul style="list-style-type: none">• 2 medium eggs (limit to 6 per week) (poached, boiled, scrambled) |
| <ul style="list-style-type: none">• 55g/2oz very low fat soft cheese spread | <ul style="list-style-type: none">• 1 small chicken breast (no skin) |
| <ul style="list-style-type: none">• 100g (4oz) cooked white fish or tinned tuna (in brine or spring water) | <ul style="list-style-type: none">• 4 tablespoons cooked peas, lentils, beans (including baked beans), kidney beans etc. |
| <ul style="list-style-type: none">• 60g/2oz low fat cheese | <ul style="list-style-type: none">• 40g/4oz Tofu or Quorn |
| <ul style="list-style-type: none">• 100g/4oz low fat cottage cheese | |

Fruit Food Allowance (2 portions per day)

| 1 Portion | 1 Portion |
|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• 1 medium size piece of fresh fruit e.g. apple | <ul style="list-style-type: none">• 3 tablespoons stewed or tinned fruit (no added sugar) |
| <ul style="list-style-type: none">• 2 small fruit e.g. plums, satsumas | <ul style="list-style-type: none">• 1 small glass fruit juice (150mls) |
| <ul style="list-style-type: none">• 150g (5oz) strawberries | <ul style="list-style-type: none">• 1 heaped tablespoon dried fruit |
| <ul style="list-style-type: none">• 1 handful of grapes | |

Portion Sizes and Allowance (continued)**Vegetable Food Allowance (3-5 portions per day)****1 Portion**

- 3 heaped tablespoons cooked vegetables
- 1 side salad (the size of a cereal bowl)
- 1 tomato or 7 cherry tomatoes
- 1 glass (200ml) tomato or vegetable juice

1 Portion

Use a wide variety of raw and cooked vegetables and salads, e.g. aubergine, beetroot, broccoli, cabbage, spinach, celery, courgette, cucumber, fennel, leeks, lettuce, mushrooms, watercress, cress, peppers, radish, spring onions, swede, tomatoes (tinned or fresh).

Milk Food Allowance (2 portions per day)**1 Portion**

- 200mls (1/3pt) semi or skimmed milk for drinks and cereal

1 Portion

- 1 small pot of diet or lite light yoghurt
- See also cheese/cottage cheese and soft cheeses in Protein Food Allowance

Suggested Menu

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

Breakfast

1x CHO 3 tablespoons cereal with milk from allowance
or 1 slice toast with a scraping of low fat spread and marmite or jam

Mid morning

1x fruit 1 apple

Lunch

1x protein 100g (3 ½ oz) lean ham with large mixed salad
1x CHO 2 'egg-sized' potatoes

Mid afternoon

1x milk 1 diet yogurt

Evening meal

1x protein 100g (3 ½ oz) roast chicken (no skin)
2x veg Selection of vegetables
1x CHO 2 heaped tablespoons boiled rice

Evening

1x fruit 150g (5oz) strawberries
or 2 small plums

Throughout the day

Remainder of milk allowance
Plus calorie free drinks to make up to at least
2 litres

Any of the 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, Worcester sauce, OXO or other stock cubes, vanilla and other essences.

Using meal replacement products

These products may be milk shakes, smoothies or soups and can be used alone or in combination with a light meal. Examples include: Slimfast, Boots Shapers or supermarket own brands such as Tesco Ultraslim. Each product contains a range of vitamins and minerals and less than 250 calories per item.

- **Meal replacement products alone**

3-4 meal replacement products per day, e.g. 2 milk shakes, 1 soup.

- **Meal replacement products combined with real food**

Replace two main meals with two meal replacement products, e.g.

Breakfast: 1 meal replacement product

Lunch: 1 meal replacement product

Evening meal: Light meal of 450 calories or use portions from 'Real Food' diet (1 protein portion; 1-2 carbohydrate portions; 1 fruit portion and 2-3 vegetable portions).

Please be aware that some meal replacement products vary in carbohydrate and protein content. Please discuss your pre operative diet with your Dietitian.

- **Pre Bariatric Surgery Liquid Diet Plan**

Optifast is a nutritionally complete low energy liquid diet designed for use before bariatric surgery. It contains the recommended daily intake of vitamins and minerals and provides the 800kcal and 90g carbohydrate per day required to reduce fat stores and the liver size.

This product is available for purchase directly via the manufacturers. Ask your Dietitian for further information.

800-1000 calorie diet

If you are familiar with calorie counting, you can compose your own diet to a maximum of 800 calories per day. Include fruit and vegetables and as much variety as you can. Remember to count drinks as well as food in your total calorie intake per day. The "A-Z of Calories" is a calorie guide available from newsagents which may be useful.

See also "The Calorie, Carb and Fat Bible 2009" available from www.weightlossresources.co.uk

How to contact us

If you have any questions or concerns, or need any further information please contact your Dietitian or Specialist Nurse on **01865 235131** or e-mail **bariatric.surgery@orh.nhs.uk**

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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