

Liver Reduction Diet

Start of Liver Reduction Diet Date: _____

Ten (10) days prior to your bariatric surgery you will start to follow a “liver reduction diet”. You will need to purchase 40 servings of a protein powder or 40 premade protein shakes. You will be consuming four (4) protein shakes a day for ten (10) days. It is recommended that your protein powder contain at least 15-30 grams of protein, 5 or less grams of total fat and 5 or less grams of added sugar per serving. Recommended protein powders include Bariatric Fusion Meal Replacement Powder, Wegmans Whey Protein Powder (does not contain fiber), biPro (does not contain fiber) or Unjury (does not contain fiber). If the protein powder does not contain fiber (Wegmans, Unjury or biPro) you must add 5 grams of fiber to each protein shake. The protein powder can be mixed with 6-8 ounces of unsweetened almond milk, water, skim or 1% milk, or any of the sugar-free clear liquids listed below. You may also use premade protein shakes that contain 30 grams of protein, 5 or less grams of total fat and 5 or less grams of added sugar per serving. Recommended premade protein shakes include Fairlife, Ensure Max protein and Premier protein shakes. You must add 5 grams of fiber to each premade protein shake. Equate protein shakes from Walmart and Evolution protein shakes from ALDI can also be appropriate. You will need to review the nutrition facts label to ensure the product has at least 15-30 grams of protein, five or less grams of fat and five or less grams of added sugar. You will add five grams of fiber into each of these premade shakes as well. Benefiber is an unflavored fiber powder that is appropriate to add to the protein shakes. You may also use a store brand benefiber-like product. This diet will promote weight loss and decrease the size of your liver, making the procedure easier for your surgeon.

Liver Reduction Sample Menu:

Breakfast: 1 High Protein Shake
Lunch: 1 High Protein Shake
Afternoon Snack: ½-1 cup non starchy vegetables (can be consumed at any time during the day)
Dinner: 1 High Protein Shake
Evening Snack: 1 High Protein Shake

½-1 cup of Non-Starchy Vegetables (cooked or raw) per day. Salt, pepper, garlic powder or onion powder are **OK** to use. No added oils. Non-starchy vegetables include:

carrots	broccoli	cabbage	Brussels sprouts	salad greens	spinach
cauliflower	celery	green beans	asparagus	tomatoes	cucumbers

At least 8 cups or 64 ounces of sugar-free clear liquids – it is important to prevent dehydration by drinking enough fluids. Sugar Substitutes are OK (Splenda®, Truvia®, Equal®, Stevia).

Examples of acceptable sugar-free clear liquids:

- Water, flavored water (sugar free)
- Vitaminwater® Zero
- Crystal Light®
- Propel®
- G2™ (low calorie Gatorade®) or Gatorade Zero®
- Unsweetened Iced Tea
- Sugar Free Kool-Aid®
- Sugar Free Popsicles®
- Sugar Free Jell-O®
- Fat Free Chicken, Beef or Vegetable Broth
- Caffeinated black coffee or tea
- Decaffeinated black coffee or tea

Any questions please contact Jennifer Turesky, Registered Dietitian Nutritionist at 716-565-3990 ext 104 or via email at jturesky@ecmc.edu

Special Note for Diabetic Patients:

If you are diabetic and taking insulin or any other diabetic medication, you need to contact the provider who manages your diabetes to discuss your blood sugar management before starting this diet. Your calorie intake will be around 800-1000 per day with 40-80 grams of carbohydrate per day depending on if you mix milk or another liquid listed above to the protein powder. The goal for your medication management is to decrease insulin or medication needs during the ten (10) days to keep your blood sugar normal and not to increase your food and carbohydrate intake. For this reason, you should monitor your blood sugar 4 times a day (fasting and before lunch, dinner and evening snack) until it is stable and have your doctor adjust your medication(s) as needed.

Pine Pharmacy is located at 5110 Main St, Williamsville, NY 14221

Phone Number: (716) 332-2288

Hours: Monday-Friday 9am-6pm, Saturday 10am-3pm, Sunday CLOSED

Bariatric Fusion

Phone Number: (866) 259-0602

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