



SURGICAL WEIGHT LOSS PROGRAM
CONNECTICUT SURGICAL GROUP

DIET: *Before weight loss surgery*

Please follow this diet **10 days** before surgery. The purpose of this diet is to reduce the size of your liver, decreasing the risk for complication(s).

For meals, **drink shakes high in protein** (16-20 grams), **low in carbohydrates** (0-5 grams) **three (3) times a day**. For example:

- Atkins Shakes®, Slim Fast *Low Carb* or Carb Solutions® shakes (you can buy these at Stop & Shop, Walgreens, Wholefoods, or online) **DO NOT BUY**: Slim Fast, Ensure, Boost, etc.

Drink as many **SUGAR-FREE LIQUIDS** throughout the day as you want between your protein shake meals. For example:

- Water! Crystal Light, diet Snapple, diet sodas, Fruit₂O®, Propel®, decaf coffee/tea, herbal tea with sugar substitute
- Broths (all varieties: chicken, beef, vegetable, etc.)
- Sugar-free popsicles, sugar-free jello

Limit eating the following items to **LESS THAN 2 cups per day**. For example,

- Milk (skim, 1%, 2%, or Lactaid®)
- 8 oz. Light yogurt (Dannon Light®, Yoplait Light®, or Colombo Light ®)
- Cottage cheese
- Fruit juices
- Regular jello, popsicles, or no sugar added fudgsicles (less than 3 servings/day)

ATTENTION: *Patients with Diabetes (on medication)*

Consume **15grams carbohydrates every 1-2 hours**. Monitor your blood sugar levels and contact your doctor if necessary. If your blood sugar is greater than 150mg, spread out these sugar-sweetened liquids over a 3-hour period.

Liquids with 15 grams of carbohydrates:

- ¾ cup carbonated soda
- ½ cup orange, apple, or grapefruit juice
- 1 popsicle
- 1 cup milk
- 6 ounces light yogurt
- ½ cup cottage cheese
- ⅓ cup regular jello
- ½ cup Kool Aid
- 1 tbsp. Honey or sugar (can be used to sweet a beverage)

Any questions, please call our Nursing Line at 860-524-3016.