

Phase 1 Diet

Before Bariatric Surgery

Purpose:

The “Phase 1 Diet” will help shrink the size of your liver before surgery. This will make it much more likely that the surgeon will be able to perform your surgery. **The Phase 1 diet is a low-calorie, low-fat, and lower-carbohydrate diet.**

Guidelines:

- Cut your normal portion sizes in half.
- Drink 64-80 ounces of sugar-free fluids daily such as water, decaf tea, decaf coffee, and Crystal Light. You may add sugar substitutes to your beverages.
- Consume 2-3 servings of low-fat dairy each day (see list).
- Eat 3 meals per day including lean meats, fruits, and non-starchy vegetables (see lists).
- Avoid alcohol.
- Exercise at least five (5) days per week. Increase the intensity and time every week. You may start with a brisk walk, bike riding or swimming and increase by 5-10 minutes each week.
- Take an adult formula multi-vitamin two times per day.

MEAL	CHOICES	EXAMPLE
Breakfast	Lean protein food Fresh fruit Non-starchy vegetable	2-3 eggs Small banana Green peppers mixed in eggs
Lunch	Lean protein food Fresh fruit Non-starchy vegetable	2 ounces turkey breast + 2 ounces low fat Swiss cheese $\frac{3}{4}$ cup strawberries Large spinach salad with 1-2 tbsp of a low-calorie, low-fat salad dressing
Snack	1 dairy choice	6 ounces of no-sugar-added yogurt
Dinner	Lean protein food Fresh fruit Non-starchy vegetable	4 ounces baked salmon $\frac{1}{2}$ cup grapes 1 cup broccoli
Snack	1 dairy choice Fresh fruit	1 cup skim or 1% milk 1 cup melon cubes

Begin the first week by cutting starch portions in half. On week 2, stop eating starches.

Starches to Avoid: barley, beans and lentils, bread, hot and dry cereal, crackers, all nuts, pasta, peanut butter, plantain, popcorn, potatoes, quinoa, rice, starchy vegetables, yams, granola bars, protein bars.

Sweets and Alcohol: Avoid fruit juice, jams and jellies, sugar, honey, molasses, maple syrup, agave, candy, chocolate, cookies, doughnuts, ice cream, frozen yogurt, frozen treats, pie, etc. No beer, wine, liquor etc. You may use small amounts of sugar substitutes.

Lean Protein Foods:

Serving size: up to 4 ounces (cooked portion).

- Fish and shellfish
- Beef: lean ground beef or steak such as sirloin or tenderloin
- Poultry: white meat chicken, turkey (no skin)
- Pork: lean ham, or tenderloin
- Eggs or egg substitutes
- Reduced fat or 2% cheese are fine — avoid processed cheeses and cream cheese
- Soy products such as tofu, tempeh, TVP

Fruits:

Serving size: small whole fresh fruit, ½ cup cut up fruit, ¾ cup berries, or 1 cup melon cubes. Avoid dried fruit, canned fruit, and fruit juice.

- Apples
- Grapes
- Peaches
- Apricots
- Kiwi
- Pears
- Avocados
- Mango
- Pineapple
- Bananas
- Melon – watermelon, cantaloupe, honeydew
- Plum
- Blackberries
- Nectarines
- Raspberries
- Blueberries
- Oranges
- Strawberries
- Cherries
- Papaya
- Tangerines
- Grapefruit

Non-starchy Vegetables:

Serving size: unlimited. Use mostly fresh or frozen vegetables.

- Artichokes
- Cauliflower
- Onion
- Asparagus tips
- Cucumbers
- Peppers – bell and chili
- Beets
- Eggplant
- Tomatoes
- Bok Choy
- Green beans
- Turnips
- Broccoli
- Greens and lettuce - all types
- Snow pea pods
- Brussels sprouts
- Mushrooms
- Summer squash
- Cabbage
- Okra
- Zucchini
- Carrots

Low-Fat Dairy Choice: Serving size: 1 cup milk or ¾ cup yogurt. Limit almond milk and coconut milk.

- Milk: skim or 1% milk, or Lactaid milk
- Milk alternative: 1 cup plain soy milk
- Regular no-sugar-added yogurt
- No-sugar-added Greek yogurt

If you have any questions, please contact the office.

I have received the Phase One diet information:

Signature: _____ Date: _____



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