

Phase 2 Diet

Before Bariatric Surgery

Please follow this diet for 1 week following your Phase 1 diet in preparation for your upcoming bariatric surgery. You will then return to the Phase 1 diet and rotate between Phase 1 and Phase 2 until your surgery. Phase 1 usually lasts for two weeks and Phase 2 lasts for one week. Once you are scheduled for surgery, your advocate will advise you when to stop rotating between the diets and provide a date to start strictly Phase 2 in preparation for surgery.

Please follow the liquid diet guidelines exactly as they are written. The diet is going to be critical in preparing your liver for surgery and increasing the efficiency and safety of the operation.

Please start 100 mgs of Colace twice daily with the start of the protein-liquid diet and for each day on the diet.

Failure to follow both diets may result in surgery being rescheduled due to non-compliance.

Morning

- Protein Drink Supplement
- 1 cup skim milk or container of light yogurt

Mid-Morning

- Fiber Supplement (5 grams of fiber)

Noon

- Protein Drink Supplement
- Fiber Supplement (5 grams of fiber)
- 1 cup skim milk or container of light yogurt

Afternoon

- 1 cup of raw vegetables (this can be a small salad mixed with a fat-free vinaigrette dressing)

Dinner

- Protein Drink Supplement
- Fiber Supplement (5 grams of fiber)

Evening

- Protein Drink Supplement
- 1 cup skim milk or container of light yogurt

Fiber Supplement = 2 to 3 teaspoons of Benefiber is recommended, mixed with 8 oz of clear liquid

Additional Notes/Guidelines:

- You are only allowed three servings of dairy per day. For example: if you mix one of your protein supplements with milk, then you have used one serving of dairy and are only allowed two more. If you mix three supplements with milk, then you are not allowed to have any more dairy that day. When you have used all of your dairy servings, you may mix your protein powder with water.
- Be sure to include a complete multivitamin twice a day, as well as 100 ounces of free liquid (water, crystal light, decaf hot tea, diet decaf iced tea, broth, decaf coffee, propel water, sugar-free Jell-O, sugar-free popsicles). You are permitted to use a sugar substitute. Please note: Your fiber supplements and protein supplements count toward your 100 ounces of fluid. You may consume over 100 ounces of the free liquids listed above if you desire. The fiber supplement three times a day equals 24 ounces and the protein supplement four times a day equals 32 ounces, you will need to consume an additional 44 ounces of free liquid per day, but again, you may consume more.
- If you are currently taking medication for diabetes, you **MUST** consult your physician during the diet as your medications may need to be adjusted. Inform your physician that you are on a very low carbohydrate liquid diet.

- If you are currently on dialysis or have had a renal transplant, you **MUST** consult your physician before starting this diet. The physician may need to alter the diet.
- Protein supplements can be purchased at health food stores such as GNC and The Vitamin Shoppe, as well as at grocery stores, warehouses and drug stores. They can also be purchased on the internet. Several websites offer protein supplements that fit the high protein, low carbohydrate guidelines. **Avoid solid food protein supplements such as protein bars, protein chips, protein cookies, etc.**
- **Protein type:**
 - Whey protein isolates
 - Soy protein isolates
 - Egg white proteins
 - Avoid protein drinks made with collagen protein.
- **Protein products should contain:**
 - 20-40 grams protein
 - 5 grams or less total carbohydrates per serving
 - You may use a powder form that can be mixed with milk or water.
 - You may use a prepared, ready-to-drink form that comes in a bottle, a carton or a can.

Protein Examples:

Unjury Protein Powder

20 grams protein
0-3 grams of total carbohydrate
(Available at Unjury.com)

Isopure Zero Carb in a glass bottle

20 ounce bottle = 40 grams protein
0 grams of carbohydrate

Designer Protein

2 scoops = 36 grams protein
4 grams of total carbohydrate

GNC Pro Performance Soy Protein 95

1 scoop = 25 grams protein
3 grams total carbohydrates

Jay Robb Whey Protein w/ Stevia

20 grams protein
1 gm total carbohydrate

Isopure Zero Carb Powder

25 grams protein
3 grams of total carbohydrate

GNC 100% Whey Protein

31 grams protein
5 grams of total carbohydrate

“Inspire” & “Pure” Powders

www.bariatriceating.com
25 grams protein
5 grams total carbohydrate

GNC Optimum Nutrition 100% Egg Protein

22 grams protein
3 grams of total carbohydrate

Jay Robb Egg White Powder w/ Stevia

24 grams protein
4 grams total carbohydrates

Patient Signature: _____ Date: _____



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