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# Nutrition Before Bariatric Surgery

WITH WORLD-CLASS DOCTORS FROM





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# What Can I Do Now to Start Preparing for My Bariatric Surgery?

## 1. Start to take a complete multivitamin with minerals every day.

- Examples: Centrum<sup>®</sup>, GNC Women's Ultra Mega<sup>®</sup>, GNC Mega Men<sup>®</sup>, One A Day<sup>®</sup>, MaryRuth's<sup>®</sup> Liquid Morning Multivitamin.
- Gummy multivitamins are not recommended for use before or after surgery as they do not contain enough of the vitamins and minerals you need.

**Note: You will always need to take vitamins after surgery to prevent nutrient deficiencies.**

## 2. Find a high-protein shake you like.

The protein shake must have at least 20 grams of protein and no more than 8 grams of sugar (see examples in Appendix I).

## 3. Separate your liquids from your solids whenever you eat.

Stop drinking liquids at mealtimes.

**Note: After your surgery, do not drink liquids during or for 30 minutes after meals.**

## 4. Do whatever physical activity you can.

For example, walk and/or take the stairs. Try not to sit for more than 1 hour without getting up and moving.

## 5. Start to make positive lifestyle changes to help you prepare for life after surgery:

- Eat at least 3 times every day. Eat breakfast and don't skip other meals. aim for 4–6 small meals/snacks every day
- Include protein at every meal and snack (see examples of high-protein foods in Appendix II)
- Avoid drinking high-calorie/high-sugar beverages like juice, smoothies, and regular soda
- Do not add sugar or honey to your coffee or tea
- Limit sweet foods to once or twice a week
- Limit fried foods to once a week
- Limit your alcohol intake
- Include non-starchy vegetables in at least 2 meals/snacks every day (see examples in Appendix III)

6. Read through the “Diet Information After Bariatric Surgery” booklet, which you will receive from your registered dietitian/nutritionist at your first appointment. Ask any questions you have at your next visit before surgery.

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## What Diet Do I Need to Follow 2 Weeks Before Surgery?

For 2 weeks before surgery, you need to stop eating all solid foods and only drink certain liquids.

This diet will help you reduce fat in your liver and the risk of liver damage during surgery. You may lose weight, which will decrease overall surgical risks.

Every day you must drink both high-protein shakes and sugar-free beverages for hydration.

### 1. Drink 4 – 6 high-protein shakes every day.

- Each protein shake should have at least 20 grams of protein and no more than 8 grams of sugar
- Drink your protein shake when you would normally eat your meals
- Drink no more than 800–1,000 calories every day from protein shakes

### 2. Do not add fruit, honey or sugar to any protein shakes.

### 3. Drink at least 64 oz of sugar-free beverages for hydration.

- Water is best
- Other sugar-free options include:
  - Gatorade® Zero, Snapple® Zero Sugar, Powerade® Zero, Crystal Light®, Bai®, Vitaminwater™ Zero
  - Sugar-free Jell-O®, sugar-free popsicles
  - Caffeinated coffee/tea with zero-calorie sweetener and/or fat-free/skim milk or unsweetened non-dairy milk alternative. Do not drink more than 16 oz of coffee every day. Do not drink more than 8 oz of fat-free/skim milk every day
  - Plain broth (no noodles, pieces of meat, or vegetables)
- If you are taking medicine, especially for diabetes or high blood pressure, speak to the doctor who prescribed your medicine because it may need to be adjusted while you are on this diet.

To prevent constipation, you may need to increase your fiber in the 2 weeks you are on the liquid-only diet. First, check to see if your protein shake already has added fiber. If your shake does not have fiber, you may take a daily sugar-free fiber supplement. Examples: Benefiber® or Metamucil®. Stir 2 tsp into any hot or cold beverage up to 3 times every day for 9 grams of fiber.

## Appendix I: Protein Shakes

Select from this list of protein shakes. Protein shakes should include at least 20 grams of protein and no more than 8 grams of sugar per serving. Discuss with your registered dietitian/nutritionist if you have another protein shake you would like to use.

### Ready-to-Drink Shakes

- Premier Protein® shake
- GNC Total Lean® Shake 25™
- Fairlife® Nutrition Plan®
- Ensure® Max Protein (make sure to choose Ensure Max Protein with only 1 gram of sugar, not Ensure® Original or other Ensure® products)
- Boost Glucose Control® MAX 30G Protein (not Boost Plus® or other Boost® products)
- Equate™ High Performance Protein Shake
- LiquaCel® Concentrated Liquid Protein
- Muscle Milk®
- Isopure® Zero/Low Carb (lactose-free)

### Protein Powders

Protein powders need to be mixed with water, low-fat milk, or unsweetened soy/rice/almond milk and prepared as directed on the label.

- Celebrate® High Protein Meal Replacement Powder
- Bariatric Fusion® High Protein Meal Replacement
- GNC Total Lean® Shake 25™ Powder
- MET-Rx® meal replacement (Note: Drink only 4 shakes per day if choosing this product)
- Premier Protein® milkshake powder
- NOW® Sports Whey Protein

- GNC Pro Performance® 100% Whey
- GNC AMP Wheybolic®
- Orgain® Grass-Fed Whey™ Protein Powder
- Bariatric Advantage® High Protein Meal Replacement
- Body Fortress® Super Advanced Whey Powder (Note: Use one scoop per shake)

### **Plant-Based Protein Powders**

Mix protein powders with water or unsweetened soy/rice/almond milk.

- Vega Sport® Premium
- Vega® Original Protein

### **Kosher Protein Powders and Shakes**

- Naturemax Energize™ whey protein
- Naturemax Boost™ pea protein (mix with 1 cup of skim milk)
- Naturemax Plus™ soy protein (mix with 1 cup of skim milk)
- Premier Protein® shake
- Shaklee® Life Shake™ (vegan/plant-based)
- Nutri-Supreme® Whey Protein
- Bluebonnet® Whey Protein Isolate
- Bluebonnet® Plant Protein (vegan/plant-based)
- Arbonne® FeelFit Pea Protein Shake
- PlantFusion® Complete Lean™
- Garden of Life® Raw Organic Protein (vegan/plant-based)
- Orgain® Organic Protein™ (vegan/plant-based)
- OWYN™ protein shakes

## Appendix II: High-Protein Food List

Food or Beverage	Serving Size	Grams of Protein
Greek yogurt (less than 8 grams of sugar per serving)	6 oz	16
Regular yogurt (less than 8 grams of sugar per serving)	5–6 oz	7
Fairlife® ilk	8 oz	13
Skim Plus® Milk	8 oz	11
Milk (regular or lactose-free), soy milk (unsweetened)	8 oz	8
Cheese	1 oz	7
Cottage cheese, ricotta cheese	¼ cup	7
Tofu	4 oz or ½ cup	7–9
Beef, veal, lamb, pork	1 oz	7
Poultry (chicken, turkey, etc.)	1 oz	7
Fish or shellfish	1 oz	7
Egg	1	7
Peanut butter	2 tbsp	7
Beans or lentils, cooked	½ cup	6–8
Quest® Protein Bar or ONE® Bar	1 bar	20–21

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## Appendix III: Non-Starchy Vegetables

- Artichoke/artichoke hearts
- Asparagus
- Baby corn (not regular corn)
- Bamboo shoots
- Beans (green or waxed)
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chayote
- Cucumber
- Eggplant
- Green leafy vegetables (for example, collard greens, kale, mustard, Swiss chard)
- Hearts of palm
- Kohlrabi
- Leeks
- Mung bean sprouts/soybean sprouts
- Okra
- Onion
- Pea pods
- Peppers (red, green, orange)
- Radishes
- Rutabaga
- Sauerkraut
- Scallions (green onions)
- Spinach
- Squash (zucchini, yellow)
- Sugar snap peas
- Tomatoes
- Turnips
- Water chestnuts



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