

PRE-SURGERY DIET OPTIONS - RENAL PATIENTS

DURATION: ___ Weeks before surgery

TYPE: High protein, low fat and low carbohydrate. Protein Goal: ___ grams daily.

PURPOSE: 1) To reduce fat in the liver that will decrease risks of liver damage during surgery.
 2) To reduce weight which will decrease overall surgical risks.

NOTE: Drink only non-sugared liquids the day before surgery.

DIET:

1) Multi-vitamin with minerals (e.g. Nephro-Vite, Rena-Vite) should be taken daily.

2) **Breakfast** - 4 egg whites with, *if desired*, 2 one-half cup servings of cooked vegetables (See choices on page 3).
(12g protein for the egg whites plus 4g protein for the vegetables)

3) Lunch

Do not use any butter, margarine, oil, mayonnaise or other fat on your food during the pre-surgery diet. Herbs and spices are fine to use on your food as is cooking spray.

- a) 3 ounces of very lean/lean protein. (See choices on page 2) (21g protein)
- b) 2 one-half cup servings of cooked vegetables. (See choices on page 3) (4g protein)
- c) 2-cups shredded salad greens with, if desired, cucumbers. Use fat free salad dressing or vinegar. (2g protein)

4) Mid-Afternoon Snack

1 fruit (See choices on page 2) (no protein)

5) Dinner meal

Do not use any butter, margarine, oil, mayonnaise or other fat on your food during the pre-surgery diet. Herbs and spices are fine to use on your food as is cooking spray.

- a) 3 ounces of very lean/lean protein. (See choices on page 2) (21g protein)
- b) 1 serving of bread/starch. (See choices on page 2) (3g protein)
- c) 2 one-half cup servings of cooked vegetables. (See choices on page 3) (4g protein)
- d) 2-cups shredded salad greens with, if desired, cucumbers. Use *fat free* salad dressing or vinegar. (2g protein)

6) Evening snack

1 fruit (See choices below) (No protein)

7) *Drink no more than 32 ounces of non-sugared beverages per day.*
Water is best! Caffeinated coffee/tea is allowed with artificial sweetener.

VERY LEAN/LEAN PROTEIN CHOICES (3 ounces)

Use low sodium varieties where appropriate

Chicken or turkey breast, without skin Fin fish and shellfish Tuna canned in water 91%-99% lean ground beef or ground sirloin	Sirloin, round or flank steaks, filet mignon Roast beef Pork tenderloin
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BREAD/STARCH CHOICES (DINNER ONLY)

1 slice of bread (1oz) $\frac{1}{2}$ hamburger roll (1oz) $\frac{1}{4}$ bagel (1oz) 2 bread sticks (1oz) $\frac{1}{2}$ pita (1oz)	1 corn tortilla (1oz) $\frac{1}{3}$ cup of cooked rice, pasta $\frac{1}{2}$ cup of corn, green peas, mixed vegetables 1 corn on the cob 6 saltine crackers (unsalted)
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FRUIT CHOICES

1 small apple $\frac{1}{2}$ cup applesauce 1 cup berries 12 cherries 17 grapes	$\frac{1}{2}$ cup canned peaches $\frac{1}{2}$ cup canned pears $\frac{1}{2}$ cup pineapple 1 small tangerine
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VEGETABLE CHOICES (CHOOSE 2 OR DOUBLE ONE)

Serving size = ½ cup cooked (no added salt)

Alfalfa Sprouts	Eggplant	Radishes
Arugula	Endive	Spaghetti squash
Asparagus	Green beans	Summer squash
Bean sprouts	Jicama, cooked	Sweet Peppers (green, red, yellow)
Beets (canned)	Kale	Tomatillos
Cabbage (green, red)	Leeks	Turnips
Carrots	Lettuce	Turnip Greens
Cauliflower	Mushrooms	Water Chestnuts
Celery	Onions	Watercress
Chayote	Pimentos	Zucchini
Cucumber	Radicchio	

8/14, 9/4/14