

## MISSOURI BARIATRIC SERVICES Pre-Operative High Protein Liquid Diet

### Start your liquid diet on:

Your surgeon has determined you need to follow a liquid protein diet 7 days prior to your surgery date. Compliance to this diet is mandatory and necessary. Research has shown a liquid diet lowers your surgical risk. The diet also assists with preoperative weight loss. The diet consists of liquid protein supplements and sugar-free, non-carbonated beverages. This diet is liquid only. *No food is allowed*. See below for specifics.

### The Diet Basics:

#### Protein Drinks

- **Women:** drink at least **65 grams** of liquid protein daily.
- **Men:** drink at least **80 grams** of liquid protein daily.
- **You will need to drink *multiple* protein supplements each day.** Use the supplement facts labels to help you determine how many grams of protein are in the supplement.
- **Refer to the list within this packet for suggested protein supplements.** Do *not* use Boost®, Glucerna®, Special K®, or protein bullets as these products lack protein and are often too high in carbohydrates.
- **Use low-fat milk (skim, 1%, or light soy milk), unsweetened non-dairy milk (almond milk, rice milk, etc.) or water for mixing.**

**Drink a minimum of 64 ounces of fluid daily.** Keep a beverage container with you at all times and practice taking small, frequent sips. Drink fluids between drinking protein supplements. Fluids need to be non-carbonated, low calorie, and sugar-free. Acceptable fluids are:

- Low-fat milk or unsweetened non-dairy milk
- Tea/Coffee (Can use sugar substitutes, such as Splenda®, Equal®, Sweet n' Low®, or Stevia®; no creamer)
- Crystal Light®
- Flavored waters (sugar-free/non-carbonated i.e. Fruit<sub>2</sub>O®)
- Clear broth or bouillon (chicken, beef, or vegetable).
- Sugar-free gelatin
- Sugar-free popsicles
- Sugar-free sports drinks (i.e. Propel Zero® and PowerAde Zero®)

**If you take medication for diabetes**, please contact the healthcare team who prescribes your medication(s) and let them know about the change in your diet. They may need to make adjustments to your medication(s).

If you have questions, you may call or e-mail our dietitian at 573-882-5673 or [hoeingm@health.missouri.edu](mailto:hoeingm@health.missouri.edu)

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### Suggested Liquid Protein Supplements:

#### If you like creamy flavors and rich textures, try...

These products are recommended for people who like rich chocolate, smooth vanilla and creamy fruit flavors. These products will range from having a milk consistency to a thick and creamy consistency.

Product	Protein (grams)	Serving Size	Available at:
Amplify	20	1 scoop	GNC in Columbia, MO
Atkins Advantage	15	11 ounces	Grocery Store or Wal-Mart GNC
Bariatric Advantage High Protein Meal Replacement	27	1 scoop	www.bariatricadvantage.com
Body Fortress 100% Whey Protein	26	1 scoop	Wal-Mart
Chike (5 flavors, examples: Orange Crème, Banana Magic, Chocolate Bliss)	28	1 scoop	www.chikenutrition.com www.celebratevitamins.com
EAS 100% Whey Protein powder	23	1 scoop	Sam's Club
EAS AdvantEdge Carb Control	17	11 ounces	Grocery Store or Wal-Mart
EAS Myoplex Lite	20	11 ounces	Grocery Store or Wal-Mart
Gotein-Protein to go!	17	1 packet	www.gotein.com
GNC Lean Shake Burn	30	2 scoops	GNC
GNC ProPerformance 100% Whey	21	1 scoop	GNC
GNC ProPerformance Soy Protein 95	25	1 scoop	GNC
GNC PureEdge Complete Protein	20	2 scoops	GNC
→ Inspire	25	1 scoop	www.bariatriceating.com GNC
Isopure Zero Carb powders	25	1 scoop	www.bariatriceating.com
Jillian Michaels Natural Whey Protein	15	1 scoop	Wal-Mart
Matrix	23	1 scoop	www.SIØ3.com
→ Muscle Milk Light	20	14 ounces	Grocery store or Wal-Mart
Pure Protein Powder or Pure Protein Shake (ready-to-drink)	25 15, 23 or 35	1 scoop 11 ounces	Kroger, Schnucks, Wal-mart, Target, or GNC
→ Premier Protein	30	11 ounces	Sam's Club
Quest Protein Powder	22	1 scoop	Grocery Stores, GNC
Six Star Pro Nutrition Fit Lean Protein	16	1 scoop	Wal-Mart
→ Unjury	20	1 scoop	Kilgore's Pharmacy www.unjury.com
Vega Sport Performance Protein	26	1 scoop	GNC

#### If you like coffee, try...

Addicted to lattes and cappuccinos? Try one of these products. These products could also be added to your regular coffee you make at home in place of cream and a sweetener! The coffee shouldn't so hot it could scald you when you add the protein; liquids that are too hot can destroy the protein.

Product	Protein (grams)	Serving Size	Available at:
→ Atkins Advantage (Flavors: Café Carmel & Mocha Latte)	15	11 ounces	Grocery stores GNC
Believe Protein Drink (4 flavors)	20	9.5 ounces	www.bariatriceating.com
Inspire (Caramel Latte & Cinnamon Cappuccino)	30	1 scoop	www.bariatriceating.com
Nectar Lattes	23	1 scoop	www.SIØ3.com
Pro Joe by Bariatric Advantage	20	9.5 ounces	www.bariatricadvantage.com

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### If you like fruit flavors and a thinner texture, try...

These products are great for the person who would prefer Crystal Light or fruit juice over chocolate milk.  
The thin consistency is also easy on the stomach.

Product	Protein(grams)	Serving Size	Available at:
<b>Isopure Plus</b> (2 flavors)	15	8 ounces	GNC <a href="http://www.bariatriceating.com">www.bariatriceating.com</a>
→ <b>Isopure Zero Carb Ready to Drink</b> (6 flavors, example: Alpine Punch)	40	20 ounces	GNC <a href="http://www.bariatriceating.com">www.bariatriceating.com</a>
→ <b>Nectar</b> (15 flavors, examples: Fuzzy Navel, Roadside Lemonade, Strawberry Kiwi, Pink Grapefruit, Crystal Sky)	23	1 scoop	<a href="http://www.SIØ3.com">www.SIØ3.com</a> <a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> <a href="http://www.bariatricchoice.com">www.bariatricchoice.com</a>
<b>ProtiDiet Powder Fruit Drink</b> (10 flavors, examples: <b>Pink Lemonade, Pineapple-Orange</b> )	15	1 packet	Meta-Health <a href="http://www.meta-health.com">www.meta-health.com</a> <a href="http://www.bariatricchoice.com">www.bariatricchoice.com</a>
<b>Unjury</b> (Strawberry Sorbet flavor)	20	1 scoop	<a href="http://www.unjury.com">www.unjury.com</a>

### If you want something that isn't sweet, try...

Unflavored protein isn't meant to be drunk by itself in water, but it can be added to a favorite food (like yogurt) or beverage (like low-fat milk) to boost protein without altering the taste too much. Want something savory? Try the chicken soup flavor from Unjury!

Product	Protein (grams)	Serving Size	Available at:
<b>Bariatric Advantage High Protein Meal Replacement (Unflavored)</b>	27	1 scoop	<a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a>
<b>BeneProtein (Unflavored)</b>	6	1 scoop	Walgreen's
→ <b>Nectar Medical (Unflavored)</b>	10	1 scoop	<a href="http://www.SIØ3.com">www.SIØ3.com</a>
→ <b>Genepro</b>	30	1 scoop	GNC
→ <b>Unjury (Unflavored or Chicken Soup)</b>	20	1 scoop	<a href="http://www.unjury.com">www.unjury.com</a>

**Can't find something on this list you like or having trouble finding certain products in your area? You are welcome to you use any protein supplement product that meets the following criteria:**

- 200 calories or less per 8 ounces
- At least 15 grams (g) of protein per 8-ounces (1 cup)
- Less than 5 g of fat per 8-ounces
- Less than 20 g *total carbohydrates* per 8-ounces
  - Less than 5 grams of *sugar* per 8-ounces
  - Remember to count carbohydrates in milk (12 g carbohydrate per 1 cup)
- Main protein ingredient is whey protein, soy protein or albumen (egg) protein. Your protein should be the first. If the product is pre-made (AKA "ready-to-drink") the first ingredient will be water, but the second should be one of those three proteins.

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**Tips, Ideas, and Suggestions:**

- ✓ Find 2-3 different protein drinks you like and switch it up! You will get sick of drinking the same thing over and over.
- ✓ Blend it with ice cubes or frozen milk ice cubes. This will make it more like a milkshake consistency.
- ✓ Freeze a juice-consistency protein drink and make “protein popsicles” or “protein shaved ice”.
- ✓ Heat it up – not to the point of boiling. Recommend mixing the protein with liquid first before heating and stir continuously while heating slowly.
- ✓ Add Crystal Light, sugar-free syrups (DaVinci, Torani), or extracts (mint extract, etc.).
- ✓ Use it in place of coffee creamer and sugar.
- ✓ Make protein Jell-O (see below).

**Protein Jell-O Recipe** (courtesy of UNJURY®):

**Ingredients:**

- 2 Scoops or 2 Packets UNJURY® Strawberry Sorbet
- 1 Package Jell-O Sugar Free Lemon Gelatin
- 2 Cups Water

**Instructions:**

1. Follow package directions for dissolving Jell-O in 1 cup of boiling water.
2. After dissolving, set aside to cool for 3 to 5 minutes.
3. In a different bowl, measure 1 cup of cold water.
4. Add two scoops or packets of Strawberry Sorbet UNJURY to cold water, one scoop or packet at a time, stirring slowly to dissolve.
5. Stir UNJURY mixed in cold water into dissolved Jell-O. Chill quickly.

\*\* Feel free to use your own protein powder (keep in mind, consistencies may vary), or use different flavors of sugar-free Jell-O.