

We recommend that you participate in a VERY low sugar 10 day liquid diet before surgery. The diet makes the liver give up its stores of sugar. The smaller and softer your liver becomes the easier & possible it will be to operate.

**\*\*Remember 60 grams of protein per day\*\***

NOTE: [Sugars](#) and [Carbohydrates](#) are the same thing on a food label. Look for liquids that are not only sugar free but also carbohydrate free. The maximum of sugars/carbohydrates allowed is **50 gm/day**. If following the diet you will be eating about **600 kcal/day**

***The only things allowed while on this diet is listed in A, B and C***

### **A. LIQUIDS - Sugar Free**

LIQUIDS. Please read all the nutrition labels to make sure the liquids you are drinking have zero sugars and carbs. There is no limit to how much **SUGAR FREE** liquid you can have. Examples are:

- Crystal Light (any flavor)
- Zero calorie flavored water like:
  - Fruit 2O
  - Propel
- Sugar free Kool-Aid
- Sugar free Tang
- Diet Snapple
- Coffee with sugar substitute only (NO CREAMER)
- Tea with sugar substitute only (NO CREAMER)
- Water
- Chicken broth
- Beef broth
- Vegetable broth
- Diet Soda
- Sugar free popsicle
- Sugar free gelatin (not pudd)

### **B. PROTEIN SHAKES - Sugar Free**

PRTEIN SHAKES. Drink 60 grams of protein/day. Check that the protein shakes, drinks, or powders is sugar/carbohydrate free - less than 5 gm/serving. Mix with water or a sugar free liquids. When hunger strikes the protein will be the most filling.

- **Examples of Low Sugar Protein:**
  - Atkins shakes
  - Myoplex
  - Unjury – available here at IABS
  - 100% Whey Protein (found at Hy-Vee)
  - Carb Solutions Shakes
- **READ Label carefully when purchasing:**
  - Slim Fast
  - Ensure
  - Boost
  - Carnation Instant Breakfast

**REMBER SUGAR/CARBOHYDRATE FREE**

### **C. DAIRY - Sugar Free**

DAIRY. Each day you can have **3 out of the 4** of the dairy listed below. For example: in one day you can have 1 string cheese, 1 cup of white milk, and ½ cup of cottage cheese.

- 1 cup (8 oz.) of white milk (*no flavored milk like chocolate or strawberry unless sugar free*)
- 1 cup (8 oz) of plain yogurt or plain Greek yogurt (*no flavored yogurts with extra sugar*)
- ½ cup (4 oz.) of cottage cheese (*may season with salt and pepper and/or sugar free gelatin*)
- 1 string cheese (no bread or crackers)

**Liquids, VERY low in sugars are the key to this 10-day diet working.  
If you have questions, please contact the office at 913-322-7401.**