



*James P. Nealon, MD, FACS
Liška L. Havel, MD, MPH*

Liver Shrinking Diet

Purpose of the Diet: To reduce your liver through weight loss

When to Start: **2 weeks before surgery unless your surgeon has recommended a longer amount of time.** People with extra abdominal fat often have enlarged fatty livers which can make the organ difficult to get around during surgery. Having a smaller liver will make it easier for your surgeon to operate. *Before you start your diet, be sure to contact your primary care provider if you are taking diabetes or high blood pressure medications. Your doctor may need to adjust your medications to reduce the risk of low blood sugars or low blood sugar because this diet is very low in calories.

Diet Instructions:

- Consume all food as recommended in the meal plan
- Drink at least 64oz fluids per day
- Take a regular Multivitamin daily

Diet Instructions:

- Breakfast- Bariatric friendly protein shake or protein bar
- Morning Snack- 1 serving of fruit
- Lunch- Bariatric friendly protein shake or protein bar, at least 1 serving of non-starchy, 1 serving of fat
- Afternoon Snack- 1 serving of fruit
- Dinner- 3-4oz lean protein, at least 1 serving of non-starchy, 1 serving healthy carbohydrate (fruit, vegetable, starchy vegetable, or healthy grain), 1 serving of fat

Sample Meal Plan Food

Breakfast	Premier Protein shake
Morning Snack	1 cup berries
Lunch	Costco brand protein bar, 1 cup carrots with 1 tbsp low fat salad dressing
Afternoon Snack	½ banana
Dinner	4oz grilled chicken, 1 cup cooked broccoli with 1 tsp olive oil, 1/3 cup brown rice

Calories: 762; Protein: 93g; Carbohydrates: 72g; Fat: 14g

Recommendations for Protein Supplements

FOOD LABEL	PROTEIN SHAKE	PROTEIN BAR
Calories	Less than 200	Less than 230
Sugar	Less than 7 grams	Less than 7 grams
Protein	At least 20 grams	At least 20 grams

LEAN PROTEIN

- Chicken or Turkey breast (skinless)
- Water packed tuna
- Cod, tilapia, trout, haddock, snapper, salmon
- Shellfish (crab, scallops, shrimp) oysters, clams
- Eggs or egg substitute * 6 ounces unsweetened soy milk
- Lean Ham or Canadian bacon
- Veal, Sirloin, Flank steak, Beef tenderloin, Pork, ½ cup Tofu

FAT

- 1 tsp olive, canola or flaxseed oil
- 2 tsp or 1/8 avocado
- 1 tsp light mayonnaise
- 6 cashews or almonds
- 4 walnut or pecan halves
- 1 tbsp seeds: pumpkin, sesame, sunflower

HEALTH GRAIN/STARCH

1/3 cup brown rice, wild rice, quinoa

1/3 cup whole wheat pasta

½ cup plain unsweetened oatmeal (not instant)

½ cup of peas, sweet potato, yam or corn

¼ large baked potato

1 cup winter squash (acorn, butternut) or pumpkin

1 slice whole wheat bread

FRUIT

- 1 small piece of fruit
- ½ banana
- 1 cup berries
- 1 cup melon

NON-STARCHY VEGETABLES: serving size is at least 1 cup

- You may consume an unlimited amount of non-starchy vegetables per day
- You may add fresh/dry herbs, spices, salt, pepper but DO NOT ADD sauces or high fat dressings.

Alfalfa sprouts	Asparagus	Bean sprouts	Beets
Bell peppers	Broccoli	Brussels Sprouts	Cabbage
Carrots	Cauliflower	Cucumbers	Eggplant
Green beans	Greens-kale, turnip Beet greens, Spinach	Jicama	Leeks/Okra
Mushrooms	Onions	Tomatoes	Zucchini

The length of time that you will be on this liver shrinkage diet will depend on the providers. Typically if your BMI is less than 40 than you will need to follow it for 2 weeks. If your BMI is higher than 40 you will need to follow this diet for 4 weeks.

You do have diet options

- Food based diet
- Slim Fast meal replacement diet

Both of the diets above are designed to provide:

- Around 800-1000 calories
- Less than 100g of carbohydrates
- Low fat
- High protein

SlimFast Meal replacement diet

- This diet requires having 4x 325ml (pre-made) SlimFast bottles per day
- 2 x cereal bowls of salad/vegetables from the list provided below: (cooking method: blended into soup/boiled/steamed/roasted/raw)

Artichoke	Asparagus	Broccoli	Brussels Sprouts
Butternut Squash	Cabbage	Carrot	Cucumber
Lettuce (any leafy greens)	Cauliflower	Celery	Edamame Beans Snow peas
Mushrooms	Onions	Peppers	Pumpkin
Shallots	Tomatoes	Turnip/Rutabaga	Sugar snap Peas

- Okay to season your food by adding herbs, chili, spices, garlic, salt and pepper. Skip ready-made dressings: avoid adding any oil or salad dressings. Lemon juice and vinegar (including balsamic vinegar) is allowed
- Keep hydrated: Aim to have at least 2 litres of fluids per day (68 oz) this includes: water, herbal teas, black tea, black coffee (no sugar)

Important note: Powder version of SlimFast has high calories and carbohydrates. You are allowed to have 1 salty drink a day to help maintain electrolyte levels. For ex. 2 teaspoons of Stock, Consommé dissolved in a large glass of warm water.