Upbeet NUTRITION

Pre-Op Diet Summary

- The pre-op diet is usually 2 weeks long, the surgeon will tell you how long based on BMI.
- Drink 4 shakes a day, drink a shake every 3 hours: (Breakfast, lunch, snack, dinner)
- All liquids smooth and pourable, no chunks or lumps
- Drink 64 oz of clear sugar free fluids a day on top of the shakes, including 1 serving of an electrolyte drink
- Can have yogurts that are max 8 g of sugar, strained low-fat soups (no food), SF jello or popsicles, cream of wheat thinned with LF milk

- **The day before surgery:** Drink only Clears (see-through drinks), you can drink clear protein drinks
- NO red drinks the day before surgery

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PROTEIN SHAKES

Look for protein shakes that have at least 20 g of protein per serving. Check that the sugar is 5 g or less and the fat is 5 g or less.

Drink 4 shakes a day: Breakfast, lunch, snack, dinner

Whey protein isolate: is a dairy product, it is leaner than whey protein concentrate and is absorbed rapidly by the body. **For vegan options**: choose **soy or pea protein**

















Clears





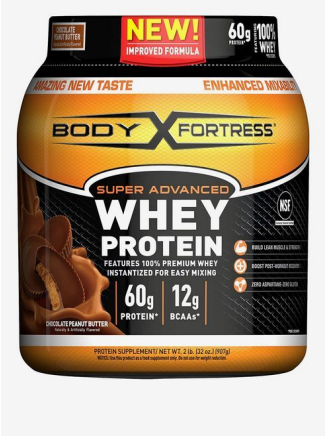


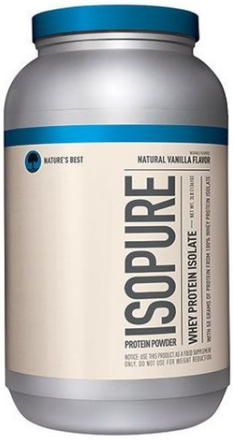




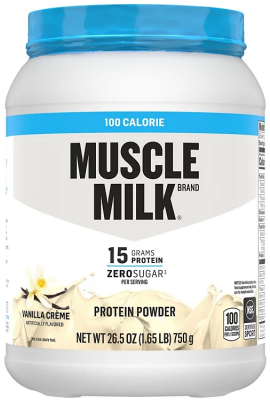
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Protein powders

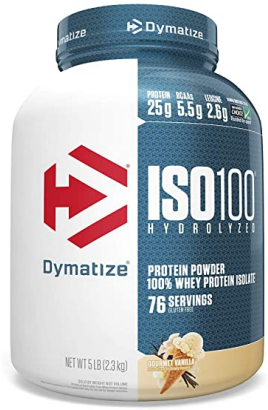


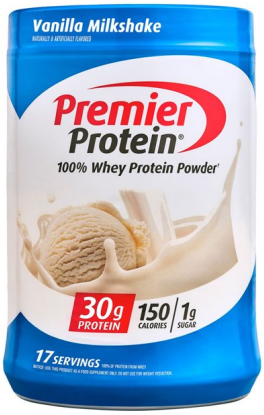












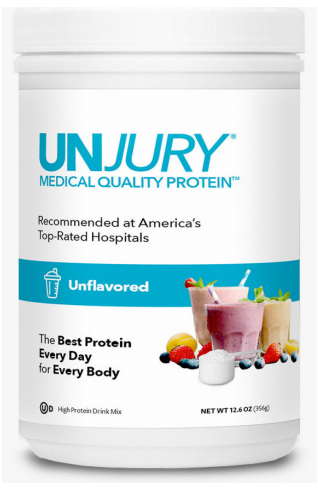








Unflavored









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How to make a protein powder shake

Why: Shakes have less liquid and are more concentrated in protein. **Directions:** Add 1 cup or less of high protein, low fat milk/substitute to 1 scoop or protein powder (read the label)



1 cup
(8-13g)

+



1
scoop
(25 g)

=



38 G protein

High protein/Low Fat milks





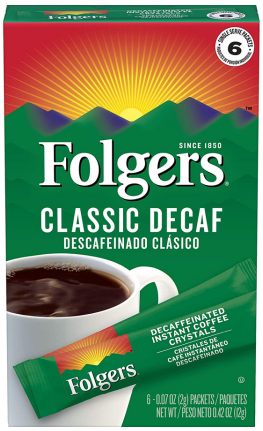
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CLEARS

Drink 64 oz a day. Look for non-carbonated drinks that are no more than 10 calories and are sugar free. Have electrolytes once a day. No red drinks the day before surgery





























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Clears Continued







Other Items allowed on Full Liquid Diet

ALL Need to be thinned by adding low fat high milk or substitute















strained soup

Clears











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Plant Based

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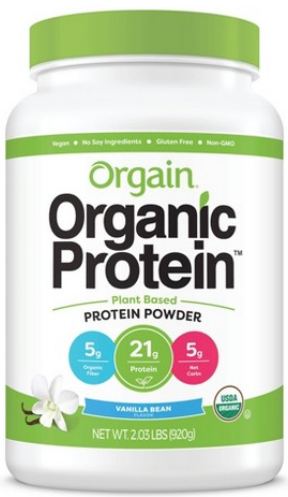














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More Plant Based Powders



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