



# The Liver Reducing Diet

Weight Loss Surgery Malta

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## What is the Liver Reducing Diet?

Before the surgery you will be advised to go on the liver reducing diet. The reason for this is that it overlies the stomach and a large liver makes the operation much more difficult. The liver is the main store of glycogen (a type of sugar) and reducing the intake of carbohydrates will result in a smaller and softer liver that is much easier to lift. It makes the operation safer and reduces the risk of liver damage.

In order to reduce the size of the liver you will be advised to go on a diet that is low in carbohydrates and fat in high in protein.

It is important to follow this diet for the time period specified during the consultation (usually two weeks before). It is also very important to avoid 'cheat days' and also to avoid having a large meal just before the operation as this will reduce the effects of the diet.

The diet will also help to prepare you psychologically for the changes in your diet that will be necessary after the operation.

## What does the pre-operative diet involve?

When you are on the liver reducing diet you will spread the food and drinks evenly throughout the day. You will need to drink around 2 litres of fluid everyday. **Please avoid alcohol.**

If you are a diabetic there may need to be some adjustment to the medication. Check you blood sugar regularly and contact us if the blood sugars start to fall too low

The diet plan consists of set quantities of foods from different groups that you can ingest throughout the day. The following table outlines the main groups of food and the portions that you are allowed per day.

In general we try to aim for around 1gm of protein per kg of ideal body weight. This does not mean it has to be the same amount everyday, it is only an average amount and this can vary from day today. Do not worry if you cannot maintain the same level of protein everyday.

<b>Food Groups</b>	<b>Number of Portions Daily</b>
1. Carbohydrate (CHO)	3
2. Protein	2
3. Fruit	2
4. Vegetables	3-5
5. Milk	2

In order to help you allocate portions, the tables below give examples of what constitutes a food portion from each group.

<b>Carbohydrate Food Allowance (3 portions per day)</b>	
<b>1 Portion</b>	
· 1 medium slice of bread or toast with a scraping of margarine	· 2 egg-sized old potatoes (boiled or mashed) or 3 new potatoes with skin
· 5 tablespoons all-bran	· 2 tablespoons boiled rice
· 2 weetabix	· 3 tablespoons boiled pasta
· 1 shredded wheat	
· 3 tablespoons bran flakes or cornflakes	
· 3 tablespoons dry porridge oats	

<b>Milk Food Allowance (2 portions per day)</b>	
<b>1 Portion</b>	
· 200mls semi or skimmed milk for drinks and cereal	· 1 small pot of diet or lite light yoghurt

<b>Protein Food Allowance (2 portions per day)</b>	
<b>1 Portion</b>	
· 100g very lean cooked meat	· 2 medium eggs (limit to 6 per week) (poached, boiled, scrambled)
· 55g very low fat soft cheese spread	· 1 small chicken breast (no skin)
· 100g cooked white fish or tinned tuna (in brine or springwater)	· 4 tablespoons cooked peas, lentils, beans (including baked beans), kidney beans etc.
· 60g low fat cheese	· 40g Tofu or Quorn

<b>Fruit Food Allowance (2 portions per day)</b>	
<b>1 Portion</b>	
· 1 medium size piece of fresh fruit e.g. apple	· 3 tablespoons stewed or tinned fruit (no added sugar)
· 2 small fruit e.g. plums, satsumas	· 1 small glass fruit juice (150mls)
· 150g strawberries	· 1 handful of grapes

<b>Portion Sizes and Allowance (continued)</b>	
<b>Vegetable Food Allowance (3-5 portions per day)</b>	
<b>1 Portion</b>	<b>1 Portion</b>
· 3 heaped tablespoons cooked vegetables	Use a wide variety of raw and cooked vegetables and salads, e.g. aubergine, beetroot, broccoli, cabbage, spinach, celery, courgette, cucumber, fennel, leeks, lettuce, mushrooms, watercress, cress, peppers, radish, spring onions, swede, tomatoes (tinned or fresh).
· 1 side salad (the size of a cereal bowl)	
· 1 tomato or 7 cherry tomatoes	
· 1 glass (200ml) tomato or vegetable juice	

## **Suggested Portion Allocation (See full suggested menu next page)**

### Breakfast

**1x CHO** 3 tablespoons cereal with milk from allowance **or**  
1 slice toast with a scraping of low fat spread and marmite or jam

### Midmorning snack

**1x fruit** 1 apple

### Lunch

**1x protein** 100g lean ham with large mixed salad

**1x CHO** 2 egg-sized potatoes

### Midafternoon

**1x milk** 1 diet yogurt

### Evening meal

**1x protein** 100g roast chicken (no skin)

**2x veg** Selection of vegetables

**1x CHO** 2 heaped tablespoons boiled rice

### Evening

**1x fruit**

Any of the spices/condiments listed below can be used to add flavour:

**Salt, pepper, fresh or dried herbs, spices, mustard, curry powder, lemon/lime juice, vinegar, yeast extract, fish sauce, soy sauce, Worcester sauce, OXO or other stock cubes, vanilla and other essences**

## Sample 10-day diet

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Slice white or brown bread 2 slices ham Salad portion (See below)	X 1 from list	100g White Fish 60g rice OR medium sized potato Salad Portion (see below)	X 1 from list	Choose from lunch portion.
Weetabix x 2 80mls skimmed milk	X 1 from list	100g Chicken breast 60g rice OR medium sized potato Salad Portion (see below)	X 1 from list	Choose from lunch portion.
Slice of white or brown bread Scrambled egg /Poached egg Salad portion (See below)	X 1 from list	100g Salmon steak 60g rice OR medium sized potato Salad Portion (see below)	X 1 from list	Choose from lunch portion.
Slice white or brown bread Poached or hardboiled egg. Salad portion (see below)	X 1 from list	100 grams ground beef with red sauce 60g Pasta	X 1 from list	Choose from lunch portion.
Porridge Oats 50g 100mls skimmed milk 1tbsp blueberries OR half a banana sliced	X 1 from list	100g Tuna 60g rice OR medium sized potato Salad Portion (see below).	X 1 from list	Choose from lunch portion.
Fresh Cheeselet Slice white or brown bread Salad Portion (see below).	X 1 from list	120g Seafood mix 60g rice Salad portion	X 1 from list	Choose from lunch portion.
Omelette x 1 egg One red pepper OR 8 mushrooms OR portion of spinach	X 1 from list	60 gm Mashed potatoes 100g beef steak Salad Portion (see below)	X 1 from list	Choose from lunch portion.
Fruit Breakfast:  2 chopped fruit portions 2 tbsp of Greek yogurt. May be made into a smoothie	X 1 from list	Jacket Potato 100g tuna OR 40g grated cheddar cheese. Salad Portion (see below)	X 1 from list	Choose from lunch portion.
Homemade Pancake x 1 1tbsp of blueberries.	X 1 from list	Omelette x 3 eggs. 8 mushrooms or spinach portion.	X 1 from list	Choose from lunch portion.
50g Rikotta or Bigilla or Hummus 6 x small water crackers OR Slice white or brown bread	X 1 from list	100g portion Quiche Lorraine	X 1 from list	Choose from lunch portion.

## **Notes:**

1. Vegetable salad portion. Aim to have a side portion of salad to fill one bowl. A typical salad portion would contain:
  - a. Whole medium tomato or 6 cherry tomatoes
  - b. Lettuce any amount
  - c. Rucola any amount
  - d. Sliced cabbage any amount
  - e. 2 x medium carrot: sliced or grated
  - f. Cauliflower florets x 8
  - g. Broccoli
  - h. Beetroot x 1
  
2. Fruit snack or light snack would be one of the following:
  - a. Orange, apple, clementine, grapes x 10 to 12, banana medium size, kiwi, peach, pear etc
  - b. Nuts x 8 (use these as snack very sparingly)
  - c. 1 x diet yogurt
  
3. Please aim to drink a total of 2 litres of fluid per day including fluids included in the diet. You may drink more than 2 litres of water if you would like.
  
4. For frying eggs or omelette etc, use one measured tablespoon of oil or 20g of low fat butter spreads (see below). These may be spread with brush.
  
5. Low calorie spreads (use very sparingly) include:
  - Hummus
  - Guacamole
  - Low fat butter spreads** such as Utterly butterly, I can't believe it's not butter, Benecol, Flora etc. Portion needs to be **less than 20g**.
  
6. Please DO NOT eat savoury snack packets such as crisps, twistees, etc. . They contain too many calories and are mainly carbohydrate based.
  
7. **Do not have cheat days.** They will ruin the effort in the run up to the operation as the liver will restore the glycogen very quickly.
  
8. Avoid Alcohol and sweets.
  
9. Be positive about your diet. It is normal to err on occasion, please stay determined and you will succeed.

If you have any queries please do not hesitate to contact us on [www.weightloss.mt](http://www.weightloss.mt) or phone 79497654.

Very best wishes on your weight loss journey.