

Sleeve Gastrectomy - Weight Loss Surgery (WLS)
Preparing for Surgery - 1200 **Limited Choice** Calorie Diet

This is a balanced low calorie diet with minimal choice or variety. It is not a low carbohydrate or a high protein diet. It will be effective in helping you to achieve a weight loss by divorcing old habits/routines. You must be monitored by a dietitian, Nurse Practitioner or Doctor while on this diet. It is recommended that you also consult with a dietitian to guide you in transitioning off of this diet.

Breakfast	1 liquid “Meal Replacement”
Snack	1 individual tub of low fat yogurt (less than 50 calories) 1/3 cup All Bran Buds
Lunch	1 liquid Meal Replacement
Snack	1 piece fresh fruit or yogurt
Supper	4 oz chicken, fish, lean pork or beef (no skin, oil or coating) 1 cup salad greens with 1 cup chopped raw vegetables 1 tbsp low fat salad dressing 1 cup cooked vegetables (no potato, peas, or corn) with ½ tsp margarine
Snack	1 liquid Meal Replacement, yogurt or glass of milk

- **Drink at least 8 cups (64 oz) fluid every day - includes meal replacements**
- **Take one adult complete multivitamin-mineral supplement everyday. Men and postmenopausal women should generally look for a supplement without iron.**
- **Certain medications may need to be adjusted by your doctor as you lose weight**

Note – A “meal replacement” refers to products such as Ensure, Ensure Hi-Pro, Glucerna, Boost, Boost Hi-Pro, Diabetic Boost, Carnation Instant Breakfast, Breakfast Anytime or Slimfast drinks. You can also use no-name brands or drugstore brands such as Shopper’s Life brand meal replacement. Check the label; it **must** say “meal replacement”. In the above plan, these replace your entire meal & evening snack.

Medical Disclaimer:
The information provided on this handout is intended for patients enrolled in the NSHA Bariatric Surgery Program. The information should ONLY be used in consultation with the NSHA Bariatric Surgery team.