

2-week pre-operative liver-reducing diet alternative meal plan

Other formats

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General advice

- This diet plan should only be used for patients unable to adhere to the liquid meal replacement and milk/yogurt-based diet options
- Drink at least 2 litres of fluid daily and drink regularly throughout the day. This can include water, sugar-free squash, Oxo, Bovril, tea and coffee. Do not add sugar to drinks. Avoid alcoholic drinks.
- Take a complete (A to Z) multivitamin & mineral tablet daily (milk & yogurt diet)
- Keep mobile, busy and active; walking is good
- Aim to have around 800 kcal – 1000 kcal per day
- Avoid slimming bars/other diet products as they may not supply adequate nutritional needs
- It is common to feel tired and have a lack of energy on the diet. This often becomes easier after the first few days and remember, it is only necessary before your surgery
- The suggestions below are of types of food and the amounts to eat rather than specific food items
- If you are in doubt about a food then it is best to avoid it. It is very important to avoid foods such as cakes, biscuits, chocolate, crisps and sugary drinks because of their high carbohydrate and fat content.

Sample daily menu

Breakfast

Choose one of the following:

- 3 tablespoons plain (no added sugar) breakfast cereal or dry porridge oats
- 1 Shredded wheat or 1 ½ Weetabix
- 1 medium slice toast with scraping of margarine.

Lunch

Choose one of the following:

- 1 slice medium sliced bread/toast
- 2 crispbreads or ½ bagel or ½ pitta bread

With one of the following (weights are when cooked):

- 2 eggs
- 60g/2oz cheese (2 x match box size) – only have cheese once a day so if you have it for lunch, you should not have it at your evening meal and instead choose another food from the list
- 8 thin packet slices of ham, chicken or turkey
- small chicken breast without skin
- 4 rashers of grilled back bacon
- 100g/4oz meat (with fat cut off)
- 2 grilled sausages
- 100g/4oz fish
- 100g/4oz tofu or Quorn

A small cereal bowl amount of vegetables or salad can also be included (try to have mostly the green coloured varieties, such as leafy greens and if using a dressing, choose low fat options/vinegar-based dressing without oils).

Evening meal

Choose one of the following:

- 2 average sized old potatoes (boiled or mashed)
- 4 egg sized new potatoes with skin
- 2 tablespoons of cooked rice or 2 tablespoons of cooked pasta

With one of the following (weights are when cooked):

- 2 eggs
- 60g/2oz cheese (2 x match box size) – only have cheese once a day so you can have it at evening meal if you did not have any for lunch. If you had cheese at lunch, you should avoid it and choose another food from this list.
- 8 thin packet slices of ham, chicken or turkey
- small chicken breast without skin
- 4 rashers of grilled back bacon or 2 grilled sausages
- 100g/4oz meat (with fat cut off) or 100g/4oz fish
- 100g/4oz tofu or Quorn

A small cereal bowl amount of vegetables or salad can also be included (try to have mostly the green coloured varieties, such as leafy greens and if using a dressing choose low fat options/vinegar-based dressing without oils).

Additional daily allowances

- one third of a pint (200ml) of semi-skimmed or skimmed milk for drinks and cereal
- two portions of fruit (a portion is one apple, one pear, one small banana, an orange, a handful of berries or 100ml pure fruit juice)
- one small pot (125g) diet/light yoghurt or low fat fromage frais
- unlimited water, tea, coffee, low calorie/no added sugar squash, low calorie/diet
- fizzy drinks (but limit fruit juice as above).

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

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

Further information/Contact details

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PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

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