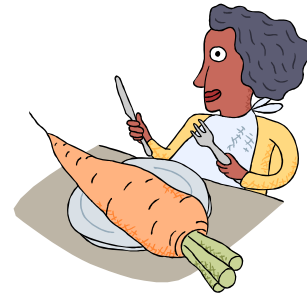


Pre-Surgery Goals

It is helpful to begin adjusting to your new lifestyle, even before your surgery. To help you reach your post-surgery goals:



- **Reduce sugar in your diet** – avoid sweets and sugared beverages. Read labels and avoid foods with more than 10 grams of sugar per serving. Artificial sweeteners are okay (ie: Splenda, Equal...) or natural sweeteners like Stevia or Agave
- **Choose lower fat foods and avoid fried foods.** Read labels and avoid foods with more than 5 grams of fat per serving.
- **Eat 3 meals**, spaced 4-5 hours apart and 1-2 healthy snacks per day.
- Reduce caffeine, avoid carbonated beverages, and sweetened beverages. Read labels: avoid beverages with more than 10 calories per serving.
- Use a protein shake to replace one meal or snack each day.
Replace one meal with Isopure Zero Carb Protein Shake (online, GNC or Vitamin Shoppe) or Premier Protein Shake – Ready to Go (Costco or Sam’s Club or www.PremierNutrition.com)
- Your meals should consist of:
 - Lean proteins (chicken, turkey, fish, eggs, tofu, lean beef and pork...)
 - Vegetables and fruits (salads or veggies at each meal)
 - Fewer starches (limit pasta and rice at meals to 1 cup cooked)
 - Limited added fat (avoid butter and excess oil - use nonstick cooking spray, broth or wine to prepare foods)
- Review information on protein – be familiar with common post-op high protein foods and try protein shakes.
- Review information on the diet stages.
- Write down what you eat and drink
- **Start an exercise regimen at least 30minutes 3-4 times per week**
- **Start a multivitamin supplement daily**
- Other _____