

Patient information

Preoperative 800 Calorie Diet

Dietetics Department - Therapies

What is the aim of the diet?

This leaflet gives you advice on the diet to follow for two weeks before your surgery. During this time, you should follow a diet that is high in protein and low in calories (kcal), carbohydrate and fat. This 800kcal diet is often called 'the liver shrinkage diet'. The diet encourages your body to use its glycogen stores from your liver and muscles for energy. When your body uses these stores, your liver will shrink.

A smaller liver should make your operation safer. During laparoscopic or 'keyhole' surgery, the liver often needs to be moved and this is more difficult if the liver is bulky. This means there is far more chance of a successful 'keyhole' procedure if you follow the diet.

It is important that you consume all the food and drink in the diet to make sure you get adequate protein and calories to prevent muscle loss. For this diet to be successful, you must consume 800 calories (kcal) a day for the full two weeks. You do not need to continue this diet following your surgery.

When following the diet, it is important to plan ahead. Cook and freeze food in individual containers. Use a measuring jug and kitchen scales to make sure you are being as accurate as possible with volumes of liquids and weights of food. Keep a daily food diary to record all your meals, snacks and drinks.

Read food labels when shopping to ensure you are keeping within your calorie target.

Look at the values for energy in 'kcal'. This tells you how many calories are in the food per serving.

Nutrition				
Typical values	100g contains	Each slice (typically 44g) contains	% RI*	RI* for an average adult
Energy	985kJ 235kcal	435kJ 105kcal	5%	8400kJ 2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g
This pack contains 16 servings				
*Reference intake of an average adult (8400kJ / 2000kcal)				

Which diet option is for me?

- Option A - 800kcal eating plan
- Option B - 800kcal liquid / soft diet plan

It is your choice which of the two options you decide to follow.

Option A: 800kcal eating plan

Time	Examples of Meal Options
Breakfast	30g bowl of breakfast cereal (preferably high fibre, avoid sugar-coated) with 200ml skimmed or semi-skimmed milk from daily allowance; Or One medium slice of toast (preferably brown or granary), with a scrape of low fat spread.
Lunch	One medium slice of bread (preferably high fibre); or two crispbreads with a scrape of low fat spread; And 75g portion of lean cooked meat, chicken, turkey, fish; or 25g low fat cheese; or two eggs (not fried); or four tablespoons of beans And Green salad (lettuce, mixed leaves, cucumber, spring onions and one medium or four cherry tomatoes).
Dinner	75g portion of lean cooked meat, chicken, turkey or fish; or 50g low fat cheese; or two eggs (not fried); or 100g tofu or Quorn-based dish; And 50g boiled potato or two tablespoons cooked pasta or rice; And Vegetables - leafy green, cauliflower, broccoli, peppers or salad (large portion but avoid root vegetables like turnips, carrots, parsnips and also avoid peas and sweetcorn).

❖ **Daily allowances** (must use over the day):

- One pint (568ml) of semi-skimmed or skimmed milk, or equivalent in yoghurt (one diet style yoghurt (150g) = 200ml milk);
- Two portions of 80g fruit such as apple, orange, banana or pear
- One A-Z multivitamin and mineral.

❖ **Free fluids** (aim for at least two litres/ four pints a day):

- water;
- black tea;
- black coffee;
- Bovril;
- no added sugar / sugar free squash; and
- no added sugar / sugar free jelly.

Avoid fizzy drinks. Milk from your daily allowance can be added to tea and coffee

Avoid alcohol during this time.

Option B: 800kcal liquid/soft diet plan

Time	Examples of Meal options
Breakfast	150ml unsweetened fruit juice; And One Weetabix or one sachet of porridge with 200ml skimmed milk from your daily allowance.
Lunch	200ml soup (preferably homemade using vegetables and a combination of split peas, lentils or broth mix and 50g lean cooked ham, beef, chicken or fish and a stock cube). If you are using ready-made soup it must contain more than 10g protein in 200ml soup; And One diet style, high protein yoghurt (150g) from your daily allowance.
Dinner	200ml soup (preferably homemade using vegetables and a combination of split peas, lentils or broth mix and 50g lean cooked ham, beef, chicken or fish and a stock cube). If you are using readymade soup it must contain more than 10g protein in 200ml soup; And 150ml low fat custard pot or 150ml homemade custard. To make it yourself, blend two level teaspoons of custard powder with 30ml skimmed milk. Heat 120ml skimmed milk and mix with the custard powder. Cook until thickened and add low calorie sweetener.
Supper	One Weetabix or one sachet of porridge with 200ml skimmed milk from your daily allowance.

❖ Daily allowances (must use over the day):

- One pint (568ml) of skimmed milk
- One diet style, high protein yoghurt (150g)
- One A-Z multi-vitamin and mineral tablet

❖ Free fluids (aim for at least two litres or four pints of fluid/day):

- water;
- black tea;
- black coffee;
- Bovril;
- no added sugar/ sugar free squash;
- no added sugar/ sugar free jelly.

Avoid fizzy drinks. Milk from your daily allowance can be added to tea and coffee

Avoid alcohol during this time.

Vitamins and minerals

If you are following options A or B, take one complete multivitamin and mineral daily (A-Z preparation) – for example, Forceval capsule (available from your GP on prescription), Sanatogen A-Z Complete, Centrum or supermarket / pharmacy own brand A-Z preparation.

Fluids

Drink at least two litres or four pints of sugar free and non-fizzy fluid a day to prevent dehydration and constipation. Using pre-filled sports top water bottles helps you to keep track of how much fluid you are drinking.

Questions

If you have any questions about the diet, or have started to feel unwell since starting the diet, please contact the Upper GI Dietitians on Tel: 0151 706 4704.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any questions, please contact the Upper Gastrointestinal Dietitians on:

Tel: 0151 706 4704

Email: uppergidietitians@liverpoolft.nhs.uk

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