

PRE-SURGERY DIET OPTIONS - RENAL PATIENTS ON DIALYSIS

DURATION: ___ Weeks before surgery

TYPE: High protein, low fat and low carbohydrate. Protein Goal: ___ grams daily.

PURPOSE: 1) To reduce fat in the liver that will decrease risks of liver damage during surgery.
 2) To reduce weight which will decrease overall surgical risks.

NOTE: Drink only non-sugared liquids the day before surgery.

DIET:

1) Multi-vitamin with minerals (e.g. Nephro-Vite, Rena-Vite) should be taken daily.

2) **Breakfast** - 4 egg whites with, *if desired*, unlimited cooked veggies (See choices on page 3).
(12g protein for the egg whites plus 2g protein for every $\frac{1}{2}$ cup of cooked vegetables)

3) **Lunch**

Do not use any butter, margarine, oil, mayonnaise or other fat on your food during the pre-surgery diet. Herbs and spices are fine to use on your food as is cooking spray.

- a) 4 ounces of very lean/lean protein. (See choices on page 2) (28g protein)
- b) 2 one-half cup servings of cooked vegetables. (See choices on page 3) (4g protein)
- c) 2-cups shredded salad greens with, if desired, cucumbers. Use fat free salad dressing or vinegar. (2g protein)

4) **Mid-Afternoon Snack**

- a) $\frac{1}{2}$ cup **low sodium**, low fat cottage cheese (12g protein), **OR**
- b) $\frac{1}{2}$ cup fat free **Greek** yogurt (12-15g protein)

5) **Dinner meal**

Do not use any butter, margarine, oil, mayonnaise or other fat on your food during the pre-surgery diet. Herbs and spices are fine to use on your food as is cooking spray.

- a) 5 ounces of very lean/lean protein. (See choices on page 2) (35g protein)
- b) 2 servings of bread/starch. (See choices on page 2) (6g protein)
- c) 2 one-half cup servings of cooked vegetables. (See choices on page 3) (4g protein)
- d) 2-cups shredded salad greens with, if desired, cucumbers. Use *fat free* salad dressing or vinegar. (2g protein)

6) Evening snack

- a) $\frac{1}{2}$ cup low sodium, low fat cottage cheese (12g protein), OR
- b) $\frac{1}{2}$ cup fat free Greek yogurt (12-15g protein) OR, if you do not have diabetes,
- c) 1 fruit (See choices below) (No protein).

7) *Drink no more than 32 ounces of non-sugared beverages per day.*

Water is best! Caffeinated coffee/tea is allowed with artificial sweetener.

VERY LEAN/LEAN PROTEIN CHOICES (4 ounces for lunch and 5 ounces for dinner)

Use low sodium varieties where appropriate

Chicken or turkey breast, without skin	Sirloin, round or flank steaks, filet mignon
Fin fish and shellfish	Roast beef
Tuna canned in water	Pork tenderloin
91%-99% lean ground beef or ground sirloin	

BREAD/STARCH CHOICES (CHOOSE 2 OR DOUBLE ONE; DINNER ONLY)

1 slice of bread (1oz)	1 corn tortilla (1oz)
$\frac{1}{2}$ hamburger roll (1oz)	$\frac{1}{3}$ cup of cooked rice, pasta
$\frac{1}{4}$ bagel (1oz)	$\frac{1}{2}$ cup of corn, green peas, mixed vegetables
2 bread sticks (1oz)	1 corn on the cob
$\frac{1}{2}$ pita (1oz)	6 saltine crackers (unsalted)

FRUIT CHOICES

1 small apple	$\frac{1}{2}$ cup canned peaches
$\frac{1}{2}$ cup applesauce	$\frac{1}{2}$ cup canned pears
1 cup berries	$\frac{1}{2}$ cup pineapple
12 cherries	1 small tangerine
17 grapes	

VEGETABLE CHOICES (CHOOSE 2 OR DOUBLE ONE)

Serving size = ½ cup cooked (no added salt)		
Alfalfa Sprouts Arugula Asparagus Bean sprouts Beets (canned) Cabbage (green, red) Carrots Cauliflower Celery Chayote Cucumber	Eggplant Endive Green beans Jicama, cooked Kale Leeks Lettuce Mushrooms Onions Pimentos Radicchio	Radishes Spaghetti squash Summer squash Sweet Peppers (green, red, yellow) Tomatillos Turnips Turnip Greens Water Chestnuts Watercress Zucchini

8/14, 9/4/14