

## Pre-WLS 1200cal Liquids Only Diet

**Medical Disclaimer:** The information provided on this website is intended for patients enrolled in the Nova Scotia Health Weight Loss Surgery Program. The information should **ONLY** be used in consultation with the Nova Scotia Health Weight Loss Surgery Team.

A liquid diet consisting of full nutritious fluids is to be followed for 2 weeks when you are being considered for WLS Surgery and then **again** for the 1 week prior to your surgery. Review your binder for protein goals (60-80 grams/day) and fluid goals (minimum of 8 cups total fluids). See *Pre-Surgery 8-Day Diet* handout for more information. Please note this is only a sample menu. Please refer to your binder for more options.

### Example Day of 1200cal Liquids Only Diet

<b>Breakfast</b>	1 cup hot cereal (oatmeal or cream of wheat) 1 cup skim milk ½ cup unsweetened orange juice	296cal + 14g pro
	<b>or</b> Smoothie made with 1 cup skim milk, 1 cup whole berries, and 1/2 scoop of protein powder	263cal + 18g pro
<b>Snack</b>	1 cup applesauce	100cal + 0g pro
	<b>or</b> 1 sugar-free pudding cup	90cal + 1g pro
<b>Lunch</b>	1 cup tomato soup made with skim milk	216cal + 9g pro
	<b>or</b> 1 bottle (235ml) Regular Ensure	235cal + 9g pro
<b>Snack</b>	1 cup cottage cheese	150cal + 22g pro
	<b>or</b> 1 bottle (325ml) Premier Protein Shake	120cal + 22g pro
<b>Supper</b>	1 cup fish chowder or another blended soup with chicken, fish, meat, and veggies	290cal + 9g pro
	<b>or</b> Smoothie made with 1 cup skim milk, 1 small banana, and 1/2 scoop of protein powder	260cal + 18g pro

<b>Snack</b>	1 cup low-fat yogurt	100cal + 19g pro
	<i><b>or</b></i> 1 cup Carnation Breakfast Essentials	233cal + 15g pro

- Drink at least 8 cups (64 oz or 2L) fluid every day - includes meal replacements, water, and soup.
- Keep daily food, fluid & activity log (track calories, grams of protein, cups of fluid and minutes of exercise).
- Weigh yourself once a week and record weight.
- Take a daily adult complete multivitamin-mineral supplement and 1000 IU Vitamin D.