

# **Liver Shrinking Diet**

Department of  
Nutrition and Dietetics

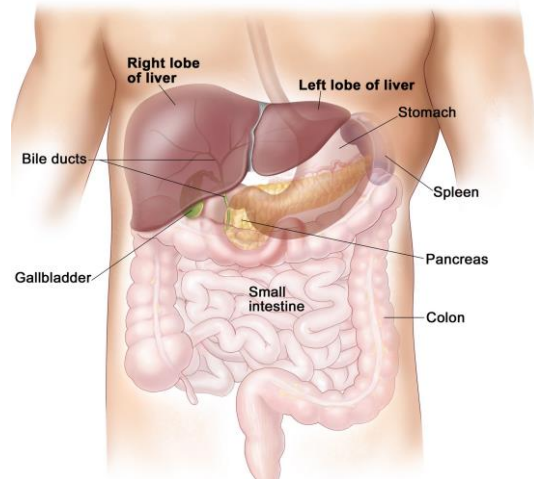
Name: .....

Date .....

Dietitian .....

Contact number: 01633 234289

You have been advised to follow a very low calorie diet for a number of weeks- as specified by your surgeon, in order to reduce the size of your liver before your operation.



The liver is a large organ that lies over stomach inside the abdomen and in people body mass index (BMI) over 35-40 it can particularly large. This can make surgery difficult.

your  
with a  
be  
more

If you have diabetes and are taking medication/insulin, you will need to measure your blood glucose more often as you may have " hypos" (low blood glucose) due to reducing your food intake. If this is happening please contact your Diabetes Nurse or GP for advice.

### **General advice for all diets:**

- Spread your food and drink out over the day: don't save everything for the evening.
- Drink a minimum of 2 litres (4 pints) of fluid every day (more if the weather is hot or you perspire more than usual). Fluid includes anything that you drink.
- Include water, still or carbonated diet drinks, no added sugar squash, Oxo, Bovril. Tea and coffee can be taken with milk from your allowance, using sweeteners rather than sugar.
- Avoid alcohol
- Take a multivitamin/mineral tablet daily.
- Keep mobile, busy and active.

**Five low calorie diets are described overleaf. You can choose which one will be easiest for you to stick to.**

### **1. Using Real Food**

You are allowed the following number of servings from each group per day

### **Starchy ( 3 servings a day)**

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 slice bread/toast            | 2 egg sized potatoes        |
| 1 crumpet                      | 2 heaped tbsps boiled rice  |
| 2 crispbreads                  | 3 heaped tbsps boiled pasta |
| 3 small crackers               | 2 rich tea biscuits         |
| 2 small oat cakes              | 1 digestive biscuit         |
| ½ large pitta or 1 small pitta | 1 small corn on the cob     |
| 1 small chapatti               | 3 tbsps of breakfast cereal |
| 3 tbsps dry porridge oats      | 1 scotch pancake            |

### **Fruit ( 2 servings a day)**

- 1 medium size piece of fresh fruit eg apple, orange, pear, (1/2 banana)  
 2-3 small fruit eg plums, apricots  
 150g (5oz) strawberries, raspberries, blackberries  
 3 tbsps stewed or tinned fruit (no added sugar)  
 1 small glass of fruit juice (100mls)  
 1 heaped tbsp dried fruit  
 1 handful of grapes



### **Vegetables ( 3 servings a day)**

- 3 heaped tbsps of any cooked vegetable (except potato, sweet potato, sweetcorn, pulses and peas)  
 1 side salad (size of a cereal bowl)  
 Glass of tomato or vegetable juice



### **Meat/alternatives ( 2 servings a day)**

- 100g (3 ½ oz) very lean cooked meat, liver, kidney, pilchards or salmon  
 150g cooked white fish or tinned tuna (in brine or spring water)  
 150g tofu/soya or Quorn  
 2 eggs  
 4 tbsps cooked peas, lentils, beans (including baked beans), kidney beans

### **Milk and dairy ( 2 servings a day)**

- 200mls (1/3 pint) semi- skimmed milk/plant based milk  
 1 small pot of diet yogurt or fromage frais  
 100g (3 ½ oz) cottage cheese  
 55g (2oz) low fat soft cheese  
 30g (1oz) low fat cheddar



### **Fat (1 serving a day – optional)**

- 1 teaspoon (5g) butter or margarine, oil, pesto, mayonnaise or nut butter

2 teaspoons low fat spread or reduced fat mayonnaise, salad dressing or single cream

### **Example meal plan**

#### Breakfast

3 tablespoons (tbsps) cereal with milk from allowance

*Or*

1 slice of toast with 1 teaspoon low fat spread and marmite

#### Mid morning

1 apple

#### Lunch

100g (3 ½ oz) lean ham with large mixed salad and 2 egg sized potatoes

#### Mid afternoon

1 diet yoghurt

#### Evening meal

100g (3 ½ oz) roast chicken (no skin)

Selection of vegetables

2 heaped tbsps boiled rice

#### Supper

150g (5 oz) strawberries

#### Throughout the day

Remainder of milk allowance and other calorie free drinks to make up to at least 2 litres

You can use any of the spices and condiments below to add flavour to your meals:



Salt, pepper, herbs – fresh or dried, spices, mustard, curry powder, lemon juice, vinegar, yeast extract, fish sauce, soy sauce, Worcestershire sauce, Oxo, stock cubes, vanilla or other essences.

## 2. “Slim-Fast”, “Celebrity Slim” or similar meal replacement products

Can be used alone or combined with a light meal.

### Meal replacements alone:

- 3-4 meal replacement shakes (325mls) any flavour
- OR
- 3-4 meal replacement bars/nourish pots/soups any flavour



### Combined:

Replace 2 meals with a shake or meal bar, for example:

Breakfast: 1 shake **or** 1 meal bar/pot/soup

Lunch: 1 shake **or** 1 meal bar/pot/soup

Evening meal: light meal of **either** 450 calories **or**  
1 meat, 2 starchy, 1 fruit and 2 vegetable portions  
from “real food diet” on page 3

## 3. 800- 1000 Calorie Diet

If you are used to counting calories, you can compose your own diet to a maximum of 1000 calories per day. Include fruit and vegetables and as much variety as you can. Remember to count drinks in your calorie allowance as well as food.

## 4. Commercial Very Low Calorie Diets

The Cambridge Health and Weight plan [www.cambridge-diet.co.uk](http://www.cambridge-diet.co.uk) and Lighterlife [www.lighterlife.com](http://www.lighterlife.com) offer meal replacements which provide up to 800 calories per day.

## 5. Milk and Yoghurt

Each day you can have:

- 1 pint semi-skimmed or skimmed milk (not full fat)
- 8-10 x 125g pots of diet yoghurt eg shape, Weight Watchers, supermarket healthy eating varieties
- Ensure the yogurts are around 60 calories per pot.