

# Amount of Protein in Common Foods

Don't get hung up on the amount of protein needed per day. Use it as a guide for rough amounts of protein to consume throughout the day in your meals and snacks. Aiming for roughly 10–30g of protein at snacks and 20–40g at meals should be adequate.



3.5oz (100g) chicken breast  
30g protein



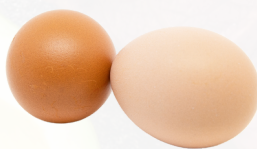
4oz lean ground beef  
30g protein



6oz (170g) can tuna  
30g protein



3.5oz baked salmon  
25g protein



2 eggs  
12g protein



2 eggs + 1/2 cup liquid egg whites  
26g protein



2 tbsp chia seeds  
6g protein



1/4 cup almonds  
9g protein



1/3 cup pumpkin seeds  
12g protein



1 tbsp peanut butter  
7g protein



1 cup cooked lentils  
18g protein



1 cup (250ml) milk or soy milk  
9g vs 8g protein



6oz (170g) extra firm tofu  
28g protein



1 cup 0% plain Greek yogurt  
25g protein



3/4 cup nonfat cottage cheese  
22g protein



# High Protein Meal & Snack Ideas



1 cup plain Greek yogurt with  
1 tbsp peanut butter and fruit  
32g protein



Egg omelette (2 eggs + 1/2 cup  
liquid egg whites + 1oz cheese +  
vegetables) with slice of toast  
36g protein



Chocolate peanut butter  
smoothie (3/4 cup plain Greek  
yogurt, 1 cup milk, 1 fzn  
banana, 1 tbsp peanut butter,  
1 tbsp cocoa powder)  
35g protein



3.5oz baked salmon with 1 cup  
quinoa and vegetables  
33g protein



3/4 cup cottage cheese  
with 1/4 cup nuts and fruit  
33g protein



1 tbsp peanut butter spread  
on a whole wheat tortilla  
and rolled up with a banana  
15g protein



1 can tuna with crackers and baby  
carrots  
33g protein



Red lentil curry with 1/2 cup rice  
22g protein



1/3 cup pumpkin seeds with  
fruit and glass of milk  
22g protein



1/4 cup hummus with 1 whole  
wheat pita and cherry tomatoes  
12g protein



3.5 oz chicken breast with 1 sweet  
potato and broccoli  
35g protein



6oz tofu with 1/2 cup rice and  
vegetables  
34 g protein



# The Role of Micronutrients and Antioxidants: Vitamins A, C, and E

- Collagen production
- Reduce inflammation
- Help rebuild new skin cells and form scar tissue
- Strengthen immune functions

## Foods with Antioxidants and Micronutrients



Dried Fruit



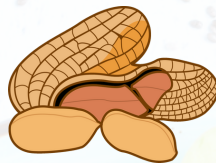
Dark Chocolate



Green Tea



Berries



Nuts



Dark Leafy Greens



Beets



Coffee



Seasonings  
(ie. Turmeric,  
Cinnamon)



Fruits and Vegetables

## Tips for Increasing Intake of Antioxidant-Rich Foods

- Enjoy a handful of dried fruit as a snack or add them to oatmeal
- Enjoy a handful of nuts with dark chocolate and berries as a snack
- Incorporate beets into your favourite salads
- Use antioxidant-rich spices and herbs
- Drink green tea
- Add spinach or kale to your smoothies

# Increased Energy Needs

## Why Your Body Needs More Energy / Calories Post-Surgery

- Body tries to fight stress and inflammatory response from surgery
- Burns more calories than usual

## Tips for Increasing Energy Intake



Add 1 tbsp olive oil to meals



Spread food intake evenly throughout the day



Add extra portion of protein, carbs, or healthy fats with meals and snacks



Add nut butter, avocado, protein powder, or cream to smoothies



Add avocados and nuts to sandwiches or salads



Use full fat dairy products



Dip fruit in nut butter



Add an extra snack in your day

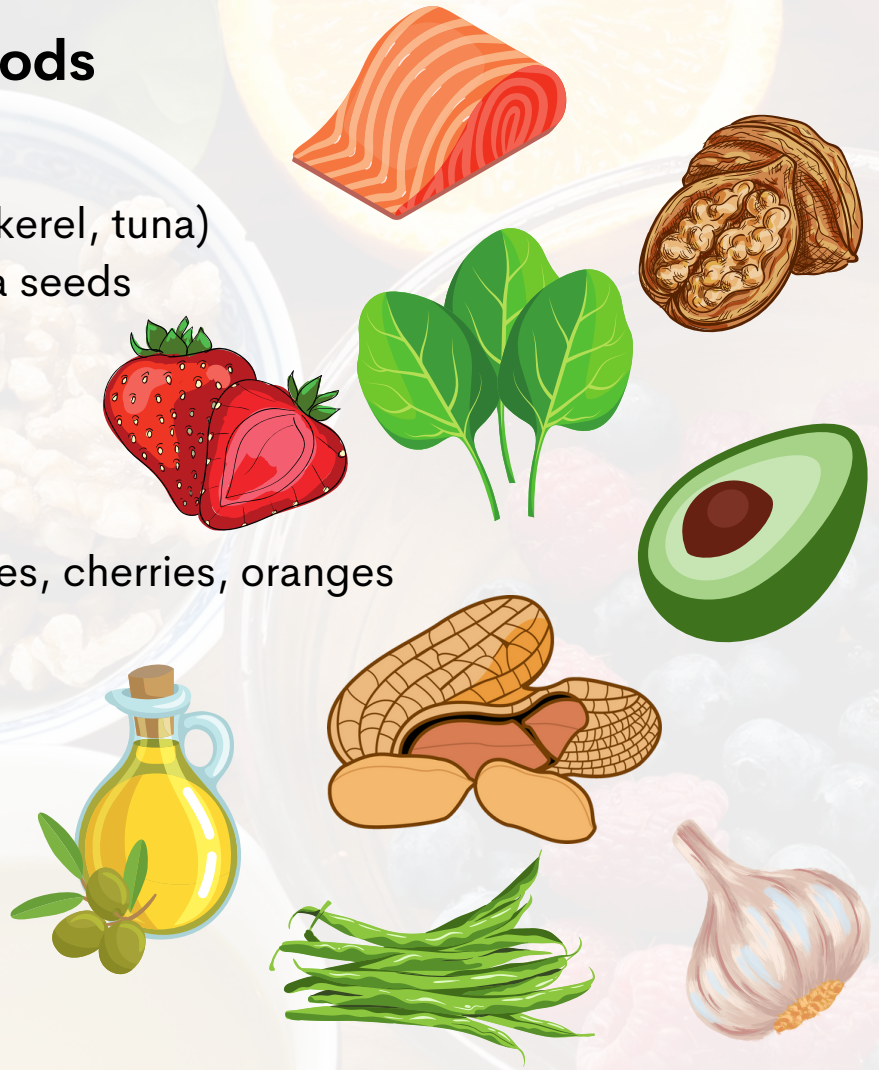


# The Role of Anti-Inflammatory Foods

- Help decrease the length of the inflammatory response that is initiated from surgery

## Anti-Inflammatory Foods

- **Omega-3 Fats**
  - Fatty fish (salmon, mackerel, tuna)
  - Ground flax seeds, chia seeds
  - Walnuts
- **Leafy Green Vegetables**
  - Spinach, kale, collards
- **Fruits**
  - Strawberries, blueberries, cherries, oranges
- **Nuts and Seeds**
- **Hemp Seeds**
- **Olive Oil**
- **Avocado**
- **Beans and Legumes**
- **Onion and Garlic**



## Tips for Increasing Intake of Anti-Inflammatory Foods

- Add flax, chia seeds or hemp hearts to your oatmeal, smoothies or yogurt
- Incorporate leafy greens into your lunch or dinner as a side dish
- Cook with olive oil instead of sunflower seed oil
- Add hemp hearts or nuts and seeds to your salads or soups



# Drink Plenty of Fluids

## Fluids for Wound Healing

- Helps keep wound sites hydrated
- Transports nutrients to the wound
- Carries waste away from cells
- Helps maintain skin integrity

## Fluids for Constipation

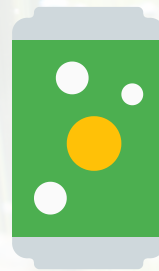
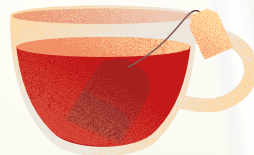
- Softens stool for bowel movement

## How Much Fluid Do I Need?

- General recommendation: 2-3 liters per day (8-12 cups)
- Depending on your wound leakage, you may need an additional 1/2 - 1L of fluid

## What Counts as Fluids?

- Water
- Flavored seltzer
- Tea
- Milk or nondairy substitutes
- Coffee
- Juice





This information does not constitute medical advice for any individual. As specific cases may vary from the general information presented here, we advise readers to consult a qualified health care professional on an individual basis.

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