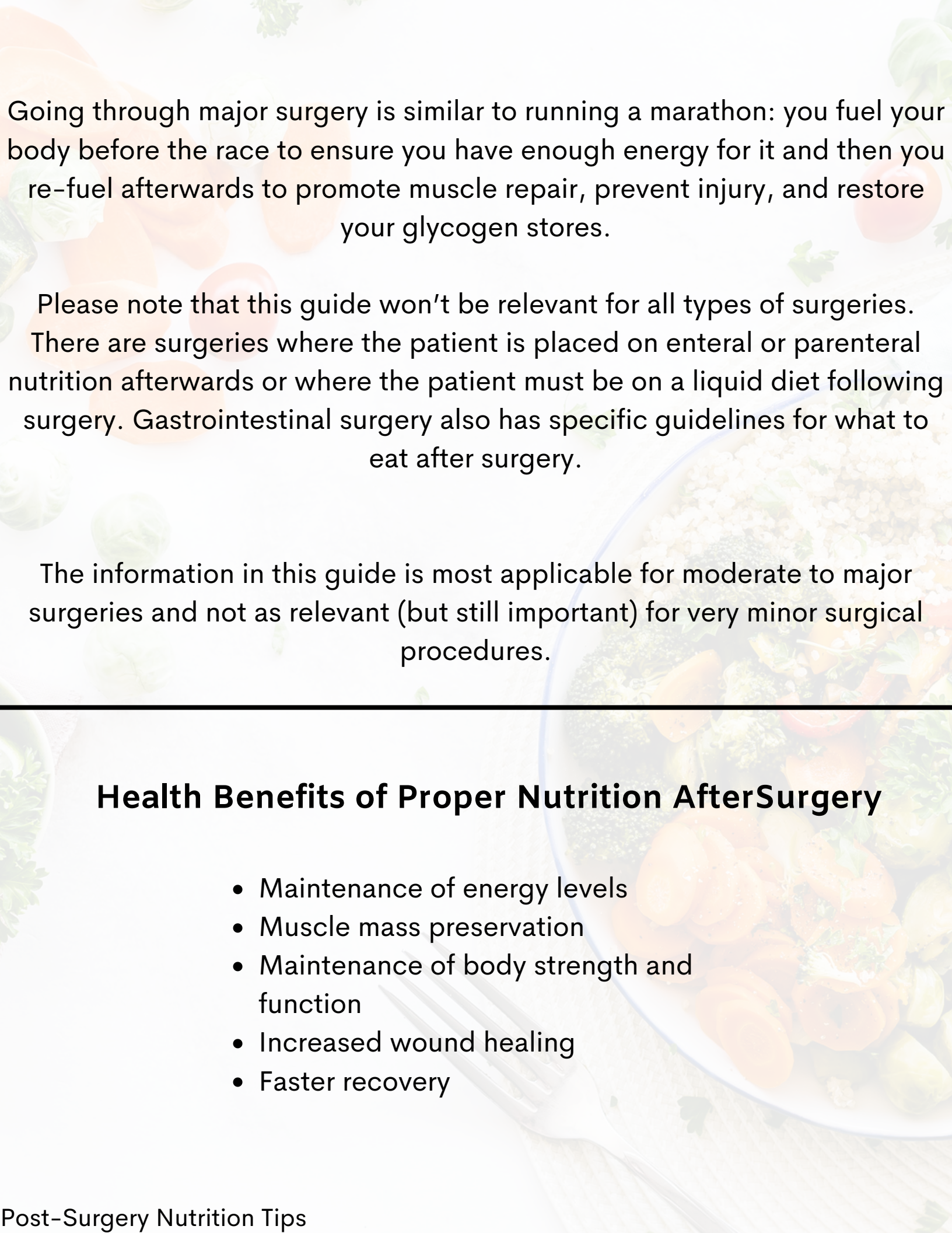


POST-SURGERY NUTRITION TIPS



Going through major surgery is similar to running a marathon: you fuel your body before the race to ensure you have enough energy for it and then you re-fuel afterwards to promote muscle repair, prevent injury, and restore your glycogen stores.

Please note that this guide won't be relevant for all types of surgeries. There are surgeries where the patient is placed on enteral or parenteral nutrition afterwards or where the patient must be on a liquid diet following surgery. Gastrointestinal surgery also has specific guidelines for what to eat after surgery.

The information in this guide is most applicable for moderate to major surgeries and not as relevant (but still important) for very minor surgical procedures.

Health Benefits of Proper Nutrition After Surgery

- Maintenance of energy levels
- Muscle mass preservation
- Maintenance of body strength and function
- Increased wound healing
- Faster recovery



WHAT TO EAT AFTER SURGERY TO PROMOTE HEALING AND RECOVERY

- ✓ **Protein**
- ✓ **Micronutrients & Antioxidants**
- ✓ **Adequate calories**
- ✓ **Anti-inflammatory foods**
- ✓ **Fluids**

Protein for Post-Surgery Recovery

The Role of Protein

- Support the immune system
- Aid in hormone production
- Transport nutrients
- Maintain and repair muscle mass
- Help to regenerate tissues
- Aid in healing wounds

Food Sources of Protein



Chicken



Fish & Seafood



Beef & Pork



Tofu & Tempeh



Eggs



Beans & Lentils



EAA's (Essential Amino Acids) Powder



Protein Powder



Yogurt



Cottage Cheese

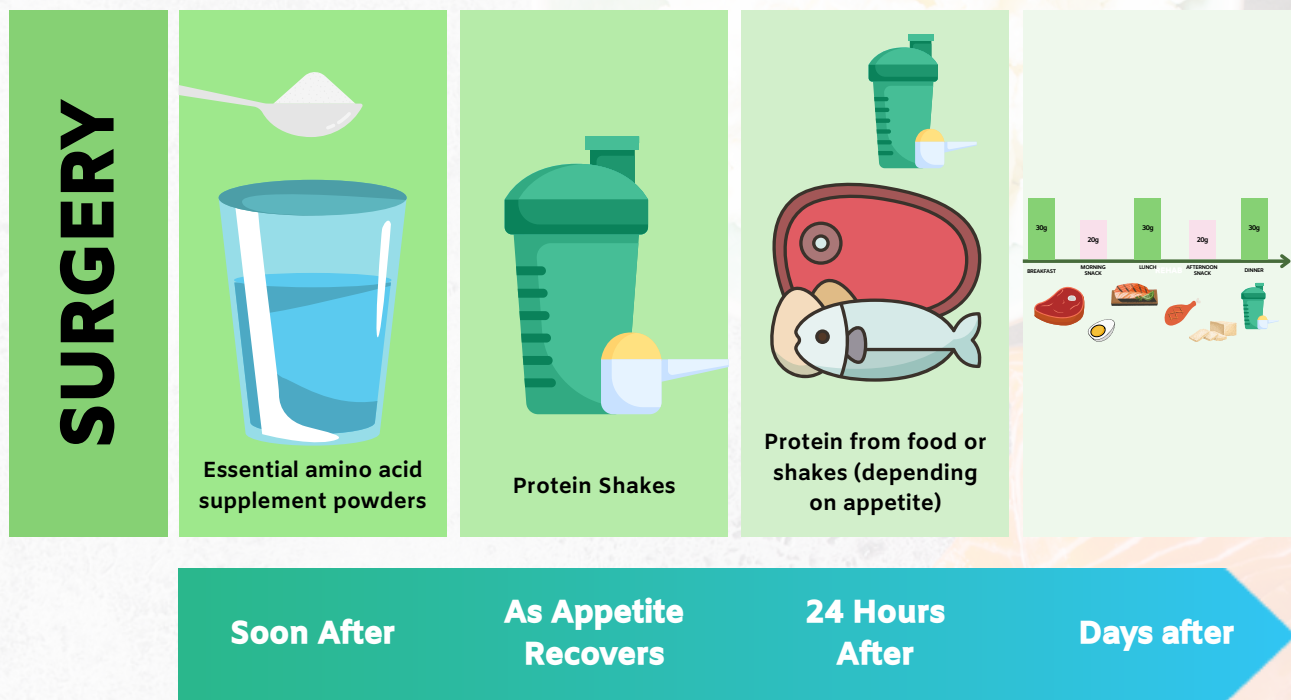


Protein Bars

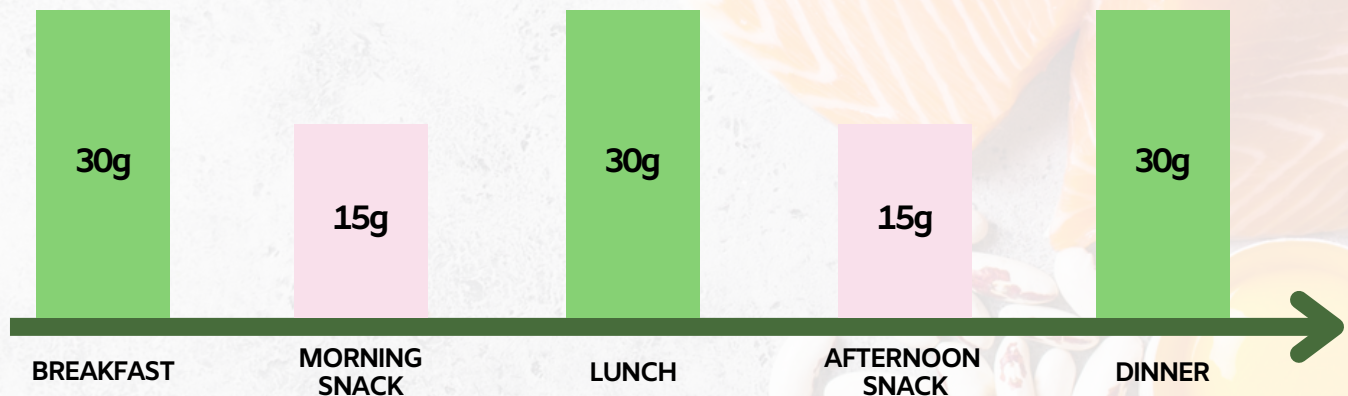


Nuts

Protein Intake Post-Surgery



Sample Day of Protein Intake Post-Surgery



Tips for Increasing Protein Intake

- Try Greek or Skyr yogurt instead of regular yogurt
- Eat more beans (ie. add lentils and chickpeas to rice, soups, salads)
- Enjoy 1-2 protein smoothies each day as a snack
- Eat eggs for breakfast
- Top salads with nuts and seeds
- Aim to include a protein source at every meal and most snacks
- Choose higher-protein milk options like cow milk and soy beverage
- Serve yourself slightly larger servings of protein at meals and snacks

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