

Eating to Improve Surgery Outcomes



Nutrition plays a role in how well your body heals after surgery. Eating healthy before and after is an important part of the overall surgery process.

Poor nutrition has been shown to:

- Increase infections and surgery complications.
- Increase the amount of time spent in hospitals.
- Increase the amount of care and support needed.
- Slow wound healing.

A healthy, balanced diet with extra protein can help:

- Build strength and prepare your body for surgery.
- Prevent infection.
- Medical treatments work better.
- You recover more quickly after surgery.
- Improve healing.
- Give you more energy and strength for activities after surgery (for example, physical therapy).

Tips to Eat Better, Feel Better and Recover Better

- Eat 2-3 balanced meals and 1-3 healthy snacks each day.
- Include plenty of healthy foods and liquids during the weeks leading up to your surgery.
- Eat foods from each of the food groups every day, including protein, dairy, grains, vegetables and fruits.
- Protein and exercise work together to help build and repair muscle.
- If you are overweight, you should stop weight loss efforts at least 1 to 2 weeks before surgery. Do not go back on a weight loss diet after surgery until you consult your doctor.
- If you are underweight, adding more calories and protein before your surgery can help make you stronger and ease your recovery.
- If you start losing weight without trying, or if you lose your appetite, talk to your doctor or dietitian right away.

Protein

Eat food high in protein often throughout the day. Try to eat 2 to 4 oz. of protein with each meal, and 1 to 2 oz. with snacks.

Protein sources include:

Breakfast:

- Eggs
- Peanut butter
- Whole grain cereal and milk
- Milk, cheese, yogurt

Lunch & Dinner:

- Chicken
- Fish
- Meat or meat substitutes
- Beans
- Seeds
- Milk, cheese, yogurt

Snacks:

- Yogurt smoothie
- Peanut butter on celery or apples
- Cheese and crackers
- Trail mix
- Whole grain cereal and milk
- Nuts

Sample Three Day Meal Plan



	Day 1	Day 2	Day 3
Breakfast	<ul style="list-style-type: none"> • Scrambled eggs • Whole grain toast • Orange juice 	<ul style="list-style-type: none"> • English muffin with peanut butter • Banana • Milk 	<ul style="list-style-type: none"> • Whole grain cereal w/blueberries & milk • Toast with peanut butter
Snack	<ul style="list-style-type: none"> • Greek yogurt 	<ul style="list-style-type: none"> • Hard-boiled egg 	<ul style="list-style-type: none"> • Sliced banana with walnuts
Lunch	<ul style="list-style-type: none"> • Turkey sandwich with Swiss cheese • Pretzels • Mixed green salad • Milk 	<ul style="list-style-type: none"> • Tuna sandwich • Vegetable soup • Raspberries • Milk 	<ul style="list-style-type: none"> • Grilled cheese sandwich • Raw carrots with dip • Apple sauce • Milk
Snack	<ul style="list-style-type: none"> • Celery with peanut butter 	<ul style="list-style-type: none"> • Cottage cheese with fruit 	<ul style="list-style-type: none"> • Peanut butter and graham crackers
Dinner	<ul style="list-style-type: none"> • Salmon • Wild rice • Cooked carrots • Pineapple • Milk 	<ul style="list-style-type: none"> • Baked chicken • Sweet potato • Green beans • Mixed fruit salad 	<ul style="list-style-type: none"> • Spaghetti with meatballs in marinara sauce • Garlic bread • Broccoli • Mixed green salad
Snack	<ul style="list-style-type: none"> • Cheese and whole grain crackers 	<ul style="list-style-type: none"> • Hummus and whole grain crackers 	<ul style="list-style-type: none"> • Trail mix

Always follow your doctor's directions. Check with your doctor or dietitian if you have questions. Learn more about healthy eating and protein at www.choosemyplate.gov.

For more information or to make an appointment with a registered dietitian:

Bronson Battle Creek (269) 245-8190

Bronson Methodist Hospital or Bronson Lakeview Hospital (269) 341-6860