Optimal nutrition leading up to your surgery can help you to better tolerate your procedure, promote wound healing, and prevent complications. After your surgery, adequate nutrition can help to speed up recovery by providing the energy and nutrients needed for wound healing and increased physical activity.

**Recommendations Prior to Surgery:**

- **Ask your doctor if weight loss or weight restoration should be achieved before your procedure.** If so, consider requesting a consult for outpatient nutrition counseling. If you are overweight, try to lose weight with diet and exercise to reduce your risks after surgery. Reduce fat and calorie intake and complete low impact activities such as swimming and walking.

- **Stay hydrated.** Most adults need at least 8 (8 oz) glasses of water per day (64 oz total). Try flavoring water with fruit, mint, or cucumbers. Avoid sugary beverages that raise your blood sugar and add extra calories to your diet.

- **Focus on foods that are full of healthy nutrients** including whole grains, fruits, vegetables, legumes, heart-healthy fats, low fat dairy products, and lean proteins like fish and chicken.

- **Avoid foods that are high in calories and offer few nutritional benefits** such as sweets and desserts, sugary beverages, fried foods, red meats (especially high fat cuts of meat), and full-fat dairy products.

- **The day before your surgery,** follow your doctor and nurse’s instructions on when to stop eating and drinking before your procedure.

**Recommendations After Surgery:**

- **Some patients follow a "clear liquid diet" after surgery.** You can eat more when your nurse and physician feel you are ready to tolerate solid foods.

- **Stay hydrated.** It is very important to drink enough fluids following your procedure.

- **Make sure to eat enough protein.** Your protein needs increase after your procedure because proteins help your body to build healthy, new tissue and heal wounds. Include a serving of protein with every meal. Foods that are high in protein include meats, fish, legumes (beans and lentils), tofu, milk, nuts, and yogurt (especially Greek yogurt).

- **Eat at least 3 times per day.** Eating more frequently during the day will help to promote gastrointestinal motility and will help to stabilize blood sugar. Try to eat a moderate sized meal or a snack at least 3 times per day.

- **Some medications may affect your appetite following surgery; however, it is important to continue eating nutritious foods throughout your stay.** Good nutrition helps your body to heal!
Pay attention to portions!

Grains: 1-2 slices bread, ½-1 cup cooked grain, cereal, or starchy vegetable

Proteins: 4 ounces meat, fish or cheese, ½ to 1 cup beans or tofu, 1 Tablespoon nuts

Fats: 1 teaspoon butter, 1 Tablespoon oil or dressing, 2 Tablespoons avocado or guacamole

Fruits: 1 small piece of fruit, ½ - ¾ cup fresh fruit, ¼ cup dried fruit

Vegetables: unlimited (non-starchy)

Dairy: 8 ounces milk or yogurt, 1 ounce cheese, ½ cup cottage cheese

Resources: www.choosemyplate.gov,
Academy of Nutrition and Dietetics,
Krause’s Nutrition Therapy

Inpatient Registered Dietitians are available to answer any questions that you might have during your stay. Please let your doctor or nurse know if you would like to meet with a Dietitian.

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