

Nutrition

Eating well balanced meals will enable your body to receive all the vitamins, minerals and nutrients it needs, especially while you are healing. Our bodies absorb vitamins and minerals from foods more efficiently than from supplements. Here is a guide to making healthy choices for your snacks and meals:



Dairy

Choices

Milk, yogurt, cheese, pudding, ice cream, cottage cheese

Servings & Sizes

2 to 3 servings per day

Choices

All fruits, especially apples, bananas, berries, grapefruit, nectarines, oranges, peaches, prunes and pears

Servings & Sizes

2 to 4 servings per day



Fruit



Vegetables

Choices

All vegetables, especially asparagus, broccoli, cabbage, carrots, cauliflower, greens, green beans, peppers, peas, potatoes, salad mix, spinach, squash, tomatoes and zucchini

Servings & Sizes

2 to 3 servings per day

Choices

All legumes, nuts, seeds, lean cuts of beef, pork etc., poultry, fish, eggs and meat substitutes

Servings & Sizes

2 to 3 servings per day



Meats & Poultry



Breads & Grains

Choices

Whole-grain breads, muffins, bagels, pita bread, crackers, bran cereals, oatmeal, oat bran, grits, wheat germ, whole-wheat pasta and brown rice

Servings & Sizes

6 servings per day

Benefits of High Fiber Diet

- Prevent and treat constipation while helping to lower blood cholesterol.
- Help to control blood sugar levels and prolong satisfaction.
- Recommended intake of fiber is 25 to 35 grams per day.

How to Add Fiber to Your Diet

- Add more fiber to your diet gradually each day. If too much fiber is added too quickly, it may cause gas, cramping, bloating or diarrhea.
- Drink plenty of fluids--at least eight glasses every day.
- Foods that are highest in fiber include whole-grain breads and cereals, raw fruits and vegetables, legumes and high-fiber snack bars.

How to Add Protein to Your Diet

It is very important to maintain your protein intake after surgery. Be sure to balance your diet with foods that contain protein:

- Eggs, dairy products and yogurt
- Beans including soy products
- Nuts and seeds
- Meats, poultry, fish

Nutrition for Anemia

If you are anemic, especially after expected blood loss following a major surgery, you should eat more foods containing iron. Iron is the building block of new red blood cells. The foods listed below are a good source of iron:

Animal Sources

- Beef, poultry, pork, liver
- Eggs, oysters
- Sardines, canned tuna

Grain Sources

- Whole grain breads, tortillas
- Cereal, oatmeal, grits, Cream of Wheat

Vegetable/Fruit Sources

- Dark, leafy greens
- Strawberries, prune juice
- Potatoes, peas, lentils
- Pinto beans, lima beans, navy beans, kidney beans

