

# NUTRITION AFTER SURGERY

## PROTEIN

### WHAT DOES PROTEIN DO?

Protein is the building block for your body. It is important to consume protein after surgery to promote healing and to provide your body with the nutrients it needs to recover.

### WHAT FOODS ARE RICH IN PROTEIN?

Red meat, poultry and fish are all sources of protein with approximately 7 grams of protein per ounce. Protein can also be found in eggs, dairy and dairy products, alternative milks, nuts, nut butters, beans/legumes and hemp hearts. Read labels to determine the amount of protein per serving.

### HOW MUCH PROTEIN SHOULD I CONSUME?

To promote healing, you should consume 1.2 grams of protein per kilogram of body weight.

100 - 150 lbs: 55-85 grams of protein/day  
150 - 200 lbs: 85-110 grams of protein/day  
200 - 250 lbs: 110-135 grams of protein/day  
250 - 300 lbs: 135-165 grams of protein/day



**AFTER SURGERY, IT IS IMPORTANT TO CONSUME PROTEIN TO PROMOTE HEALING. FOLLOWING A SOFT DIET WILL AID WITH HEALING.**

## SOFT DIET

It is important to follow a soft diet to avoid disrupting the healing process of the surgery. A soft diet contains soft foods or foods that have been mashed/cut/pureed to change the texture so food is easily swallowed without needing to chew

## TAKE A PROBIOTIC

After taking an antibiotic, it is important to restore your gut flora by taking a probiotic. You can also eat probiotic rich foods like yogurt, kefir, kombucha, sauerkraut, tempeh, kimchi and traditional buttermilk. Dr. Tomlin recommends taking a probiotic 1 month after treatment.

## TAKE A MULTIVITAMIN

A multivitamin can help fill in any nutritional gaps your diet is missing due to the soft diet restriction. Zinc, Vitamin A and Vitamin C are all important for wound healing along with many other micronutrients. .

## OTHER NUTRITIONAL TIPS

It is important to stay hydrated after surgery. Make sure you are eating enough calories after surgery as well, this is not the time to starve your body as it needs good nutrition in order to properly heal. If you are having difficulty with your nutrition, contact a registered dietitian.