FOODS TO HELP YOU BOUNCE BACK AFTER SURGERY

Scheduled for surgery? What you eat before your surgery matters.

When you eat well before surgery, you...
• Recover faster and leave the hospital earlier
• Maintain muscle mass
• Are less likely to get an infection
• Are less likely to die from serious complications

Important foods before surgery:
• Increase protein at mealtime:
  • Lean meats, eggs, dairy, fish, soy
• Add high-protein supplements, like protein shakes, for one week before and 4-8 weeks after surgery

How much protein do you need?

<table>
<thead>
<tr>
<th>Weight (lb.)</th>
<th>Recommended Normal Daily Protein Intake (grams/day)</th>
<th>Recommended Protein Intake Before and After Surgery (grams/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>125</td>
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<td>90</td>
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<tr>
<td>150</td>
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<tr>
<td>250</td>
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</tbody>
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Estimated protein:
• 1 oz of meat = 7 grams of protein
• 1 cup of milk = 8 grams of protein
• 1 whole egg = 7 grams of protein
• ½ cup cooked of vegetables or 1 cup of raw vegetables = 2 grams of protein

Need a measuring guide?
• 1 deck of cards = 3 to 4 oz of meat
• 4 stacked dice = 1 oz of cheese

Talk to your healthcare provider about your nutritional needs in preparation for surgery.

For more information, visit pa-foundation.org/yournutrition.

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