



FOODS TO HELP YOU BOUNCE BACK AFTER SURGERY

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

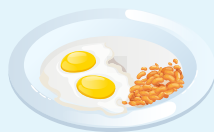
When you **eat well** before surgery, you...

- 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?



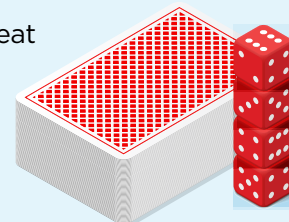
Weight (lb.)	Recommended Normal Daily Protein Intake (grams/day)	Recommended Protein Intake Before and After Surgery (grams/day)
125	45	90
150	54	108
175	63	126
200	72	144
225	81	162
250	90	180

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.



Give feedback

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

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