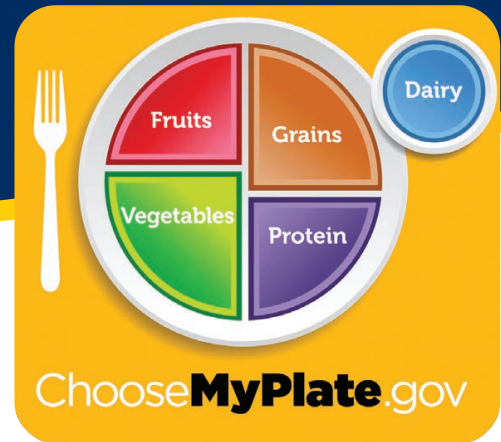


# Choose Healthy Foods

Eating a healthy diet before and after your surgery will help your body handle the stress of surgery, fight infection and heal quickly.



## TO DO:

### Boost your immune system with good nutrition.

Below are general guidelines, however, follow all dietary guidelines or restriction your doctor has given you. If you can't tolerate or digest certain foods, you should not include them.

- Eat at least 5 servings of fruits and vegetables every day. Strive to include a fruit or vegetable at every snack and fill half of your plate with fruits and vegetables at every meal.
- Eat at least 1 serving of high-protein foods at every meal or snack, starting 1 – 2 weeks before surgery.
- After surgery, eat a protein-rich meal or snack every 3-4 hours.

### How do fruits, vegetables, and lean protein foods help me be strong before surgery and heal well after?

- Fruits and veggies are full of vitamins, minerals and antioxidants that help boost your immune system, lower inflammation, and also promote tissue and bone growth.
- Making sure you have enough protein in your body before surgery can help maintain muscle and help with recovery. Your body needs more protein during times of stress, such as surgery.
- It is common to lose your appetite after surgery. If this happens, be sure to eat high protein foods first to help you with the healing process.



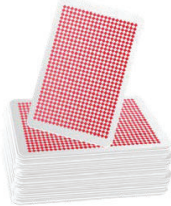
## What foods are high in protein?

<b>Meat</b> (Always choose low-fat versions.)	<b>Dairy Foods</b> (Always choose low-fat versions.)	<b>Other</b>
Lean beef (more than 90% lean) Lean pork Chicken Turkey Any fish or shellfish	Skim or lowfat milk Greek yogurt Cheese Cottage Cheese	Beans and lentils Tofu and tempeh Eggs/egg whites Peanut butter, nuts, seeds Oatmeal Quinoa Edamame Unsweetened soymilk or almond milk

- Try to increase your protein mostly through food. You can drink low sugar protein shakes if necessary.

## What does one serving of protein look like?

3 oz. of meat



size of a deck of cards

1 oz. of cheese



size of 4 dice

2 Tbsp. of peanut butter



size of a ping pong or golf ball

1/2 cup of beans



1/2 the size of a computer mouse

- Watch a short video on how healthy eating can help you be strong for surgery at <http://michmed.org/v15gk>.
- View the handout “Increasing Protein in Your Diet” to learn more: <http://www.med.umich.edu/1libr/Nutrition/IncreasingProtein.pdf>
- Discover hundreds of delicious recipes at <http://mhealthy.umich.edu/recipes>



**What healthy foods will I keep on hand at home?**

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**Who can support me in choosing healthy foods? How?**

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