



Eat Your Way Toward Proper Healing

After surgery, our body uses more energy and requires more nutrients to heal adequately. Regular meals should become a part of your daily schedule for at least the duration of your healing to ensure you get the nutrition your body needs. Meals should be well-balanced to obtain all the nutrients necessary for tissue repair. Your body needs more protein, calcium, and vitamin C during this time, so many of your

calories should come from foods high in these nutrients. Take careful note of the food sources listed below.

IMPORTANT: These recommendations are for diet / food only and not for vitamins/ supplements. Please speak to your medical provider/ surgeon about which vitamins you should NOT take before/ after surgery.

NUTRIENTS	HELPS WITH:	FOUND IN:
Protein	healing, tissue repair and regrowth	meat, poultry, fish, eggs, milk, cheese, legumes, soy products, nuts, seeds
Carbohydrates	energy for healing and preventing protein/muscle breakdown	fruits, vegetables, legumes, breads, cereals, rice, pasta, grains
Fats	absorption of fat-soluble vitamins, immune response, energy	oils (e.g., olive, canola, sunflower), nuts, seeds, avocado, salad dressings, margarine, butter
Calcium	building/maintaining bones and muscle contraction	milk, cheese, yogurt, soy products, turnip and mustard greens, collards, kale, broccoli, almonds
Iron	forming hemoglobin and carrying oxygen **best when eaten with vitamin C rich foods	liver, lean red meat, poultry, fish, iron-fortified cereals, legumes, dark leafy greens, dried fruit
Zinc	helps in wound healing, component of enzymes	meat, liver, eggs, oysters and other seafood
Vitamin A	helps in wound healing and growth, maintenance of skin	carrots, sweet potatoes, dark yellow or green leafy vegetables, milk, cheese, liver, egg yolk
Vitamin D	helps in bone healing and calcium absorption	fortified milk, butter, margarine, fortified cereals, liver, fatty fish, egg yolk
Vitamin E	antioxidant/disease-fighting properties (do NOT take supplements seven to ten days before surgery)	vegetable oils (e.g., corn or sunflower), beef liver, milk, eggs, butter, green leafy vegetables, fortified cereals
Vitamin K	helps wound healing response and blood clotting	green leafy vegetables, fatty fish, liver, vegetable oils
Vitamin C	building connective tissue, essential nutrient for healing	citrus fruits, strawberries, tomatoes, peppers, greens, raw cabbage, melon
Fiber	essential for maintaining healthy bowel movements – very important after surgery!	pears, avocado, apples, bananas, carrots, broccoli, brussels sprouts, lentils and other beans, quinoa, sweet potatoes, chia seeds, almonds, oats

Other Considerations: Stay well hydrated by drinking plenty of water (generally six to eight cups per day or more). Always have a water bottle handy!