

Nutritional Information

Before Your Surgery / After Discharge

- Prepare for your return home by making or buying easy to cook foods as your mobility will be limited. For example, prepare meals and freeze them or make arrangements to have someone available to assist you with meals after surgery.
- If you had a recent unplanned weight loss, follow the “Guidelines for Weight Gain” listed below.
- If you are interested in losing weight, follow the “Guidelines for Good Nutrition” listed below.

Guidelines for Weight Gain

- Keep nutritious snacks on hand (yogurt, juice, cheese, milk and ice cream).
- Eat at regular meal times; do not skip meals.
- Eat several small meals and snack frequently.
- Use high calorie, high protein foods (yogurt, cheese, pudding, ice cream, peanut butter cottage cheese, Carnation Instant Breakfast drink, for example).
- Eat your favorite foods.

Guidelines For Good Nutrition For Weight Loss

- Cut back on portion sizes.
- Avoid fried foods, rich desserts, whole milk, cheeses made with whole milk, excess salad dressing, gravies and sauces.
- Choose lean meats, low fat milk and cheeses, plain desserts such as angel food cake or fruits.
- Avoid too many sweets such as cakes, pies, cookies, ice cream, candy, soft drinks, donuts and danish.
- Brush your teeth after eating.

Nutritional Information (cont.)

- Avoid eating while watching television, reading or driving. Sit at the table, eat slowly and concentrate on each bite.
- Try reduced-calorie margarine, mayonnaise and salad dressing.

Nutritional counseling is available prior to admission and after discharge by physician referral.

During Hospitalization

- The priority is good nutrition to promote healing.
- Follow these general guidelines:
- Eat a variety of foods.
- Maintain your weight.
- Choose foods low in fat, saturated fat and cholesterol.
- Choose plenty of vegetables, fruits and grain products.
- Use sugar only in moderation.
- Use salt and sodium only in moderation.
- Be sure to include calcium rich foods in your diet (low fat milk, low fat cheese, yogurt, low fat cottage cheese, broccoli).