

Balanced Nutrition for Surgical Incision Healing

Nutrition plays a vital role in the healing process after a surgery. Eating a well-balanced diet supplies your body with the energy and nutrients you need to maintain good health during the healing process.

- Adequate calories are needed due to an increased demand for healing and possible infection.
- Adequate protein is needed for growth of new tissue and to help fight infection.
- Adequate fluid is needed to maintain good blood flow to your wound area.

Use this handout as a guide when planning for a well-balanced diet including adequate calories, protein, and fluids.

Hints for meeting calorie needs and getting the nutrients you need:

- Eat small frequent meals.
- Incorporate whole grains into your daily routine.
- Munch on high quality snacks such as whole wheat bread with peanut butter.
- Eat plenty of fruits and vegetables.
- Take a multivitamin mineral once per day.
- Keep snacks handy for nibbling such as nuts, dried fruits, crackers and cheese.
- When planning your meals, include a variety of food groups-this will provide a well-balanced supply of nutrients.

Protein can be obtained from both animal and vegetable sources. The following are examples of what to include in your diet.

- Beef
- Pork
- Lamb
- Liver
- Chicken
- Fish
- Turkey Milk
- Yogurt
- Cheese
- Cottage Cheese
- Eggs
- Peanut Butter
- Nuts
- Soy Milk
- Tofu
- Beans
- Lentils

Protein Serving Sizes (is the size of):

- 2-3 ounces meat (deck of cards)
- 1 cup milk (small milk carton)
- 1½ ounces natural cheese (9-volt battery)
- ½ cup cottage cheese (computer mouse)
- 1 egg
- 2 tablespoons peanut butter (roll of film)
- ⅓ cup nuts (handful)
- ½ cup cooked or dry beans
- 4 ounces tofu

Hints to help increase protein intake:

- Stuff vegetable with cottage cheese or peanut butter.
- Add chopped meat, shredded cheese, hard-cooked eggs to soups or salads.
- Add cooked or canned beans to casseroles, rice or pasta dishes.
- Stir powdered milk into soups or sauces.
- Add chopped nuts such as walnuts, almonds or peanuts to breads, cookies, hot cereal, ice cream, muffins, puddings, salads, etc.
- Mix yogurt with fruit or dry cereal.
- Grate cheese and add to soups, vegetable dishes or mashed potatoes.
- Use peanut butter as dip for vegetables or add to ice cream and frozen yogurt.

Fluids can be obtained in the diet by several sources. The following are examples of what to include in your diet.

- Broth
- Water
- Sparkling Water
- Sodas
- Tea
- Lemonade
- Fruit Juices
- Sports Drinks
- Popsicles
- Jello
- Soups
- Milk
- Cocoa beverages
- Vegetable juices

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Fluid Serving Sizes (is the size of):

- 8 ounces water
- $\frac{3}{4}$ cup fruit juice (small styrofoam cup)
- $\frac{3}{4}$ cup vegetable juice
- 8 ounces milk (small milk carton)

Hints for increasing fluid intake:

- Limit caffeinated products, they cause your body to lose water through increased urination.
- Drink fluids throughout the entire day, not just with meals.
- Drink at least 6-8, 8 ounce servings of fluid per day.
- Start a meal with soup.
- If traveling, grab a bottled drink to take with you.
- Add slices of lemon, lime, or orange to water to add flavor.
- Freeze fruit juice in ice cube trays, then add to water.
- Make a fruit slushy by adding pureed berries, etc., to a fruit juice concentrate.

The following products can be added to your diet to give you the nutrients needed after surgery:

- Premier Protein
- Fairlife Core Power
- Ensure
- Ensure Plus
- Ensure Pudding
- Boost
- Boost Plus
- Boost High Protein Drink
- Boost Breeze
- Boost Pudding
- Shakes made with Carnation Instant breakfast
- Glucerna (for diabetic patients)
- Boost Glucose Control (for diabetic patients)

Carnation Instant Breakfast Milkshake Recipe:

- 1 cup milk
 - $\frac{1}{2}$ cup vanilla ice cream
 - 3 tablespoons instant breakfast powder
- Blend ingredients together until desired consistency.

Add variety with these additional ingredients:

- $\frac{1}{2}$ mashed banana
- 1 cup whole fresh or frozen strawberries
- $\frac{1}{2}$ tablespoon peanut butter Your favorite extract Cinnamon or other spices

Recommendation for vitamin/mineral preparation:

- Centrum Multi-vitamin/Multi-mineral formula
- One-A-Day Multivitamin/Multi-mineral formula
- Nature Made Multivitamin/Multi-mineral formula