EATING WELL AFTER SURGERY

After surgery, it is important to eat well to help your body heal and regain strength.

Eat well after surgery by:

- Eating small, frequent meals throughout the day.
- Having protein, such as chicken, fish, meat, eggs, nuts, nut butters, tofu, beans, cheese, and milk, with meals and snacks.
- Including lots of fruits and vegetables.
- Eating whole grains, such as whole grain bread and pasta, oats, barley, and brown rice.
- Drinking plenty of fluids.
- Limiting alcohol.
- Cooking and freezing meals when you have energy.
- Buying nutritious snacks such as cheese and crackers, peanut butter, trail mix, dried/fresh fruits, and yogurt.
- Asking friends and family to help you buy groceries and prepare meals.

“Cook and freeze meals when you have energy.”

“Buy nutritious snacks.”

CONTACT YOUR HEALTH CARE PROVIDER IF:

- You are losing weight.
- You feel that you are not eating enough.

For more resources, visit the Canadian Gastric Cancer Association’s Nutrition Resource page: http://gastriccancer.ca/patient/informational-resources/nutrition/