

AFTER SURGERY

EATING WELL AFTER SURGERY

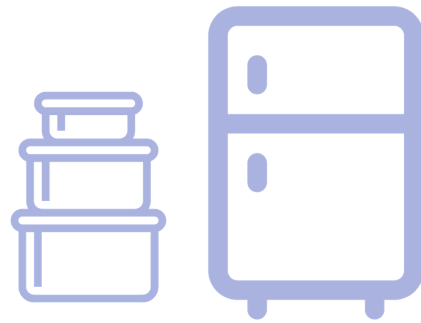
After surgery, it is important to eat well to help your body heal and regain strength.

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.



"Eat small, frequent meals throughout the day."



"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.