

## BEFORE SURGERY

### EATING WELL BEFORE SURGERY

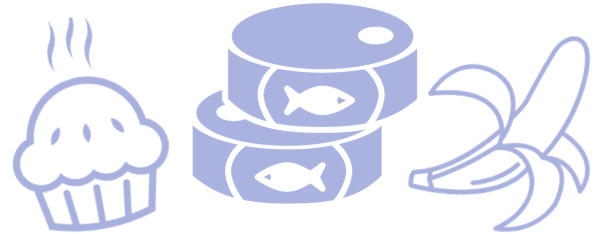
Eating well before surgery is important because it will help you gain or maintain weight, give your body strength, boost your immune system, and help you recover after surgery.

Eat well before surgery by:

- Having regular meals and snacks.
- 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.



"Have protein foods with meals and snacks."



"Stock up your kitchen with ready-to-eat foods."

### PREPARING FOR SURGERY

In the days after surgery, you may be too tired to do everyday tasks. Getting your home ready before surgery can help you be prepared for this.

- Stock up your kitchen with ready-to-eat foods, such as frozen entrees, canned foods, and prepared foods from grocery stores.
- Cook and freeze meals so that you don't have to worry about cooking.
- Buy nutritious snacks, such as cheese and crackers, peanut butter, trail mix, dried/fresh fruits, and yogurt.
- Ask friends and family to help you buy groceries and prepare meals.

### CONTACT YOUR HEALTH CARE PROVIDER IF:

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