

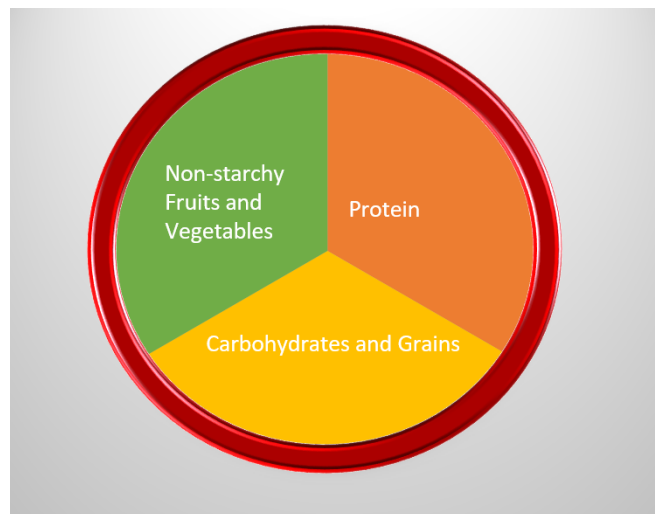
Healthy diet before surgery

Your doctor may ask you to follow a special diet before surgery especially if you are having bariatric surgery or have diabetes. If you are asked to follow a special diet these instructions are not for you.

Following a healthy protein-rich diet before surgery can make your recovery after surgery easier and quicker. Protein gives your body the building blocks it needs to recover from surgery.

This does not have to be a lifetime change in your eating habits, just some short-term changes you can make before and after surgery. Any steps made toward improving your diet can help, and the benefits can be seen if you follow this diet for as few as 5 days.

Eat 3 meals a day, aim to fill your plate with **1/3 protein**, **1/3 non-starchy fruits and vegetables**, and **1/3 grains and carbohydrates**. You should try and eat 30-40 grams of protein at each meal



Non- starchy Fruits and Vegetables	Apples, oranges, carrots, broccoli, bananas
Protein	Beef, Pork, Chicken, fish, nuts, quinoa, beans, tofu
Carbohydrates and Grains	Whole wheat bread, oats, brown rice, quinoa, starchy vegetables such as potatoes and corn

- Try to eat whole food rather than processed food.
- Drink plenty of water throughout the day. Aim for 8 glasses of water
- Your doctor may want you to take some protein shakes before surgery to help increase the amount of protein you eat.



- Focus on progress rather than perfection