

PROTEIN

- When you have major surgery or any other type of wound, your protein needs are increased. Protein is involved in growth and maintenance of body tissue, including muscle. Protein is also the component in food that helps to repair damaged tissue, so it is important to ensure adequate intake after surgery.
- Following surgery, it may take a few days to get your appetite back, but when you do eat, concentrate on protein sources. If your appetite has not returned after five or six days following surgery, you may want to contact your physician.
- If you can't tolerate the smell or taste of meat proteins after surgery, try other sources such as cheese, yogurt, natural peanut butter or other nut butter, eggs, etc. A nutritional supplement such as Ensure or Glucerna, or protein supplement made with whey or other protein powder can be an alternative source of protein.
- Include a source of protein with every snack, as well as with all meals.
- A multivitamin may also aid in the healing process for the first few weeks after surgery. Choose one without iron, such as Centrum Silver or One-A-Day Mature (or the store brand of these vitamins). Note: Persons with renal (kidney) disease should check with their physician before taking any supplements.
- If you have diabetes, keep your blood glucose under 180 two hours after meals or 70-130 fasting to prevent infections and improve healing.

SOURCES OF PROTEIN INCLUDE:



LEAN BEEF, SKINLESS CHICKEN OR TURKEY, LEAN UNCURED PORK, FISH AND LAMB



EGGS, EGG WHITES OR EGG BEATERS



SOY MILK, TOFU



UNSALTED NUTS, NUT BUTTERS (NATURAL, NOT HYDROGENATED – THE OIL WILL BE SITTING ON TOP)



DAIRY: LOW-FAT MILK, BUTTERMILK, COTTAGE CHEESE, HARD CHEESES SUCH AS CHEDDAR OR SWISS, YOGURT AND GREEK, KEFIR



BEANS, INCLUDING PINTO, GREAT NORTHERN, LIMA, KIDNEY, RED OR BLACK. PEAS, INCLUDING BLACK EYE, PURPLE HULL AND LENTILS.