

# PRE-OPERATIVE NUTRITION STRATEGIES

## WHO IS IT FOR?

All ages & genders  
All major or minor surgeries  
Outpatient or inpatient surgeries

## BENEFITS

- Supports the healing process
- Reduces the risk of common complications
- Reduces the rate of muscle atrophy/breakdown
- Low-cost / high-reward strategy to implement
- Realistic for individuals to apply

## QUESTIONS TO ASK YOUR DOCTOR

- Can I consult with a dietitian to discuss nutrition strategies before surgery?
- What can I (if anything) consume on the day of surgery?
- Will my current weight impact the outcomes of surgery?

# FUEL FOR SURGERY

## Keep eating - don't cut calories

If your activity levels have changed, it may be tempting to eat less. Healing, both before & after surgery, requires more calories. Keep eating!

## Build a balanced meal

A balanced meal consists of a protein + carbohydrate + fat and vegetable (bonus!). To help with building a balanced meal, you can use the plate method.

## Eat protein

Protein is crucial in preventing muscle loss, preserving your muscle mass, and aiding in the healing process. Aim to include in both meals & snacks.

## Choose complex carbohydrates

Complex carbs such as whole grains, beans, lentils, oats, and potatoes can help to reduce metabolic stress, decrease inflammation and prevent hypoglycemia.

1/2 plate non-starchy  
colorful veggies

(ie: broccoli, cauliflower, green  
beans, greens, peppers, onion)

1/4-1/3 plate starchy  
carbohydrates

(ie: potato, oats, lentils, beans,  
peas, corn, bread, cereal, rice)

1/4-1/3 plate protein

(ie: grilled/baked/sauteed  
meat, eggs, seafood, tofu,  
greek yogurt, cottage cheese)