CLINICAL DIETITIAN DEPARTMENT

Nutritional Guidelines to Help in the Healing Process

Purpose

Clinical Nutrition recommendations can improve your pre-op nutritional status and contribute to your recovery. This guide will inform you how much you need and where you can find the following:

* Protein
* Iron
* Calcium
* Vitamin D
* Fibre

Protein

Need to maintain, build and repair tissue.

* Men – approximately 90 grams/day
* Women – approximately 60 grams/day

## Sources of Protein

* Poultry/fish/meat
* Tofu
* Beans/lentils
* Eggs
* Cheese
* Nuts
* Dairy products
* Protein powers – isolate form

## Examples of High Protein Foods

| Food | Grams |
| --- | --- |
| Meat/fish/poultry (3 oz cooked) | 21 grams |
| 2 large eggs | 12 grams |
| 1cup milk (8 fluid oz) | 9 grams |

Label reading is a valuable tool to help you meet your protein requirements.

Iron

You need iron to oxygenate your new tissue.

* Heme Iron: red meat/seafood/liver
* Non-Heme Iron: legumes/grains/fortified cereals/spinach

Vitamin C: kiwi, citrus fruits, red pepper, strawberries

## Iron Requirements

| Age | Males | Females |
| --- | --- | --- |
| 19-50 | 8 mg/day | 10 mg/day |
| >51 | 8 mg/day | 8 mg/day |

Signs of low iron/anemia:

* Tired
* Irritable
* Pale looking
* Trouble concentrating
* Feel out of breath

Calcium

Calcium helps to prevent Osteoporosis. You need calcium to build and maintain strong bones.

## Calcium Requirements

|  |  |
| --- | --- |
| Age | Mg/Day |
| 19-50 | 1000 |
| 51-70 | 1200 |
| 71+ | 1000 |

Individuals at risk of osteoporosis: 1500 mg

## Sources of Calcium

* Diary products
* Fish (with bones)
* Vegetables
* Supplements (Calcium Citrate)

It is important to meet your daily calcium needs but try not to exceed them using supplements, as there is a risk of kidney stones.

Vitamin D

Vitamin D helps us absorb and use calcium and phosphorus. It protects against infections and reduces the risk of developing chronic diseases.

## Vitamin D Requirements

* 600-800 IU/day
* Usual prescribed supplement – 1000 IU/day

## Sources of Vitamin D

* Sun exposure – 5-15 minutes of direct sunlight
* Fortified milk (D3) and milk alternatives (D2)
* Eggs
* Fish

Fibre

You can experience constipation issues post-operatively due to anesthetic and pain medications. It is important to incorporate fibre into your diet prior to surgery.

## Fibre Requirements

* 25-40 grams/day
* Two types – soluble and insoluble
* Ensure to drink plenty of fluids (6-8 glasses/day)

Alcohol

At your pre-op appointment you will be asked how much alcohol you drink. Daily small amounts can potentially cause post-operative issues.

Food Services

After surgery, your doctor will order a fluid diet on the first day and a regular diet on the second day. At your pre-op appointment you will be asked about any special diet, allergies or intolerances.