

Nutritional Guidelines to Help in The Healing Process

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Purpose

- Clinical Nutrition recommendations can improve your pre op nutritional status and contribute to your recovery



Overview of the Presentation

How much do you need and where can you find it

- Protein
- Iron
- Calcium
- Vitamin D
- Fiber



Protein

Need to maintain, build and repair tissue

- Men- approx 90 grams/day
- Women- approx 60 grams/day



Sources of Protein

Poultry/ Fish/Meat

Tofu

Beans/Lentils

Eggs

Cheese

Nuts

Dairy Products

Protein Powders- isolate form



Examples of High Protein Foods

- Meat/Fish/ Poultry (3 oz cooked) 21 grams
- 2 large eggs 12 grams
- 1 cup milk (8 fluid oz) 9 grams
- Label reading is a valuable tool to help you meet your protein requirements





- Need 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 (mg/day)

Age	Males	Females
19-50	8	18
>51	8	8

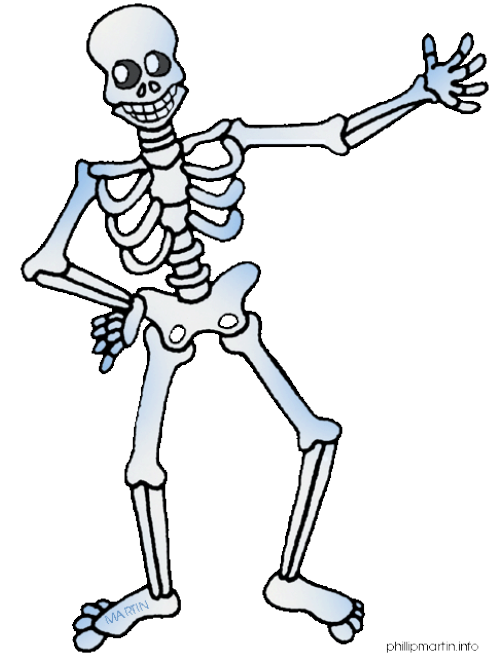


Iron

- Signs of low iron/anemia
- Tired, irritable, pale looking, trouble concentrating, feel out of breath



Calcium



- Prevent Osteoporosis
- Need 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

- Dairy Products
- Fish (with bones)
- Vegetables
- Supplements (Calcium Citrate)



Calcium Continued

- Important to meet your needs BUT try not to exceed them using supplements
 - Risk of Kidney Stones



Vitamin D

- Helps us absorb and use calcium and phosphorus
- Protects against infections
- Reduce risks of developing chronic diseases



Vitamin D Requirements

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



Vitamin D Sources

- Sun exposure- 5-15 minutes direct sunlight
- Fortified Milk (D3) and Milk Alternatives (D2)
- Eggs
- Fish



Fiber

Constipation issues post operatively
due to anesthetic and pain
medications

Important to incorporate fiber into
your diet prior to surgery



Fiber 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 doctor will order a fluid diet first day and regular diet following day

At your pre op appointment you will be asked about any special diet/allergies/intolerances



QUESTIONS??

