Nutritional Guidelines to Help in The Healing Process

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Queensway Carleton Hospital

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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
<table>
<thead>
<tr>
<th>Age</th>
<th>Males</th>
<th>Females</th>
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<tr>
<td>19-50</td>
<td>8</td>
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<td>&gt;51</td>
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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**
  - 19-50
  - 1000 mg/day
  - 51-70
  - 1200 mg/day
  - +71
  - 1000 mg/day
- **Individuals at risk of osteoporosis**
  - 1500 mg/day
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 again 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??