



## High Protein Diet Before Surgery



**Healthy eating in the weeks and days before your surgery will help your body prepare for the best recovery. Eating a diet that is high in protein can:**

- Help you heal faster
- Help you fight infections
- Keep your muscles strong
- Help you keep your energy levels up

### **Good food sources of protein are:**

- Beans
- Cheese
- Chicken
- Cottage cheese
- Custard
- Eggs, egg whites, or egg substitute
- Fish
- High protein nutritional drinks and powders
- Lamb
- Lean Beef
- Lunchmeats
- Milk, non-fat dry milk
- Nuts and seeds
- Peanut butter
- Pork
- Pudding
- Ricotta cheese
- Shellfish
- Tofu
- Tuna
- Turkey
- Veal
- Yogurt

### **If you are not feeling hungry, try eating smaller amounts of high-protein foods 4 to 5 times each day. Some ideas are:**

- ½ or whole sandwich
- Cheese and crackers or fruit
- Cottage cheese and fruit
- Edamame (green soybeans) or soynuts
- Eggs – hard-boiled, deviled
- High-protein granola or energy bars
- Hummus and crackers or vegetables
- Milk or soymilk and graham crackers
- Pudding or custard
- Toast or English muffin with peanut butter and jelly
- Trail mix (nuts and raisins)
- Tuna, chicken, or egg salad on crackers
- Yogurt with fruit in it (regular or Greek)

continued>



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## Ways to Get More Protein in Your Diet

- Use milk instead of water when cooking hot cereal and cream soups.
- Add powdered milk to cream soups and mashed potatoes.
- Add leftover cooked meat to soups, casseroles, salads, and omelets.
- Sprinkle nuts on cereal, fruit, yogurt, pudding, or ice cream.
- Add beans to salads, soups, and casseroles.
- Make high-protein milk:
  - Mix 1 ½ cups of non-fat dry milk powder with 6 cups of milk.
  - Make this recipe ahead of time and keep it in the refrigerator.
  - You can use it in recipes that call for milk or drink it.
- Consider high protein drinks and powders such as:
  - Ensure® High Protein
  - Boost® High Protein
  - Carnation® Essentials High Protein
  - If you have diabetes, try Glucerna® shakes, Boost® Glucose Control, or Carnation® Instant Breakfast Light Start

## Sample Meal Plan

Breakfast	Lunch	Afternoon Snack	Dinner	After Dinner Snack
<ul style="list-style-type: none"><li>• 1-2 eggs with cheese</li><li>• 1-2 slices of toast with butter or margarine</li><li>• 1 cup milk</li><li>• Fruit</li></ul>	<ul style="list-style-type: none"><li>• Salad with 3 ounces of grilled chicken</li><li>• 6-12 crackers</li><li>• Yogurt with fruit (regular or Greek)</li></ul>	<ul style="list-style-type: none"><li>• High protein granola bar</li></ul>	<ul style="list-style-type: none"><li>• 3-4 ounces of meat</li><li>• Potato, rice, or noodles</li><li>• Vegetable</li><li>• Pudding</li></ul>	<ul style="list-style-type: none"><li>• 1-2 Tbsp. peanut butter on crackers or banana or apple</li><li>• 1 cup milk</li></ul>