



Healthy Eating Before Surgery



Eating nutritious foods and being at a healthy weight can help you prepare for a successful surgery and smooth recovery. Here are some tips to follow as you prepare for your surgery.

- Know your weight and body mass index (BMI). Talk to your doctor about whether or not you should try to lose or maintain your weight before your surgery. Weigh yourself once a week using the same scale.
- Eat whole grains, lean proteins, fruits, vegetables, and low-fat dairy products. Limiting added sugars and high-fat foods can help if weight loss is recommended by your doctor (typically if your BMI is over 25).
- Try keeping a food journal to track what foods and portions you eat during the day. Read food labels, measure your portions, and use smaller plates to avoid overeating.
- Focus on balanced meals that contain each of the food groups. Visit [MyPlate.gov](https://www.myplate.gov) if you need help planning meals.
- Choose snacks that are high in protein (like eggs, yogurt, or hummus) or fiber (fruits and vegetables).
- Drink mostly water or other calorie-free beverages (6 to 8 cups per day).
- Be as active as possible. Both exercise (like walking) and daily activities (like gardening or cleaning) can help keep you moving.
- Be patient and set realistic goals if you are trying to lose weight. Weight loss of 1 to 2 pounds a week is ideal.

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Suggested Meal Plan

Breakfast	Lunch	Dinner	Snack
<ul style="list-style-type: none"> • 1 fruit serving • 1 to 2 grain servings • 1 egg or 1-2 Tbsp. peanut butter or 1 oz. low-fat cheese (optional) • 1 cup fat-free or 1% milk • 1 fat serving (if needed) 	<ul style="list-style-type: none"> • 1 serving (2-3 oz.) of meat, poultry, fish or low-fat cheese • 1 to 2 grain servings • 1 to 2 vegetable servings • 1 fruit serving • 1 to 2 fat servings 	<ul style="list-style-type: none"> • 1 serving (2-3 oz.) of meat, poultry, fish or low-fat cheese • 1 to 2 grain servings • 1 to 2 vegetable servings • 1 fruit serving • 1 to 2 fat servings 	<ul style="list-style-type: none"> • 1 grain and/or milk serving

Food Groups

Food Group	Calories Per Serving	Examples
Grain	<ul style="list-style-type: none"> • About 80 	<ul style="list-style-type: none"> • 1 slice bread • ½ small bagel • ½ large pita • ½ English muffin • ½ bun • ½ cup cooked cereal • 1 oz. cereal (1/2 to ¾ cup) • 1 small biscuit • 1 small muffin • 5 to 6 crackers • 2 rice cakes • ⅓ cup rice or pasta
Fruit	<ul style="list-style-type: none"> • 60 to 80 	<ul style="list-style-type: none"> • 1 medium sized piece of fruit • ½ cup canned fruit • ½ cup sliced raw fruit • 1 cup melon • ¼ cup dried fruit • ½ cup fruit juice
Vegetable	<ul style="list-style-type: none"> • About 25 for non-starchy vegetables • About 80 for starchy vegetables 	<ul style="list-style-type: none"> • 1 cup raw leafy vegetables • ½ cup other vegetables, raw, cooked, or chopped
Milk	<ul style="list-style-type: none"> • 80 to 150 per cup of milk • 100 to 240 per cup of yogurt 	<ul style="list-style-type: none"> • 1 cup milk or yogurt (preferably low-fat)
Meat/Protein	Per ounce: <ul style="list-style-type: none"> • Very lean: 35 • Lean: 55 • Medium fat: 75 • High fat: 100 	<ul style="list-style-type: none"> • 1 ounce cooked lean meat, poultry, or fish • 1 ounce meat substitute: <ul style="list-style-type: none"> ◦ ½ cup cooked beans ◦ 1 egg or 2 egg whites ◦ 2 Tbsp. peanut butter ◦ ⅓ cup nuts • 1 ounce cheese • ¼ cup tuna or chicken • 3 oz. tofu • 2 oz. seafood • 1 oz. lunch meat
Fats	<ul style="list-style-type: none"> • About 45 	<ul style="list-style-type: none"> • 1 tsp. butter, margarine, oil, or mayonnaise • 1 Tbsp. salad dressing, cream cheese, light margarine, or light mayonnaise • 1 ½ Tbsp. light cream cheese, 3 Tbsp. light sour cream • 2 Tbsp. sour cream, light salad dressing, or coffee creamer