

# Pre-surgery Nutritional Education

## HIGH PROTEIN



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**Nutrition plays a key role in patients' surgical recovery. Inadequate nutrition is a risk factor for complications and longer hospital stays. By improving nutritional status and body weight prior to surgery, patients benefit in wound healing and immune function.**

### Increasing Your Protein Intake Prior to Surgery

**Eating a high-protein diet before surgery may result in better outcomes after surgery.**

**A high-protein diet can:**

- Aid in healing
- Help you fight infections
- Keep your muscles strong
- Help to keep your energy level up

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

Eggs, egg whites, or egg substitute  
Milk, non-fat dry milk  
Cheese  
Cottage cheese  
Ricotta cheese  
Yogurt  
Custard  
Pudding  
Peanut butter  
Nuts and seeds  
Beans  
High protein nutritional drinks and powders

Chicken  
Turkey  
Lean Beef  
Lamb  
Pork  
Veal  
Lunchmeats  
Fish  
Tunafish  
Shellfish  
Tofu

If your appetite is down, try to eat smaller amounts of high-protein foods, four to five times a day. Some ideas are:

- Eggs – hard-boiled, deviled
- ½ or whole sandwich
- Tuna, chicken, or egg salad on crackers
- Cheese and crackers or fruit
- Cottage cheese and fruit
- Toast or English muffin with peanut butter and jelly
- Fruited yogurt (Regular or Greek)

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- Pudding or custard
- Milk or soymilk and graham crackers
- Trail mix (nuts and raisins)
- Hummus and crackers or vegetables
- Edamame (green soybeans) or soynuts
- High-protein granola or energy bars

Tips to increase protein:

- Use milk in place 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 by mixing 1 ½ cups nonfat dry milk powder with 6 cups of milk. Make this recipe in advance and keep in refrigerator. You can use it in recipes for the milk for added protein or drink it.
- Consider high protein nutritional supplementation, including over-the-counter drinks and powders once a day (i.e. Ensure High Protein, Boost High Protein, or Carnation Essentials High Protein and Glucerna shakes, Boost Glucose Control, or Carnation Instant Breakfast Light Start for diabetics).

## SAMPLE MEAL PLAN

Breakfast	1 – 2 eggs with cheese 1 – 2 slices toast with butter or margarine 1 cup milk Fruit if desired
Lunch	Salad with 3 ounces grilled chicken 6 – 12 crackers Fruited yogurt (regular or Greek)
Snack	High protein granola bar
Dinner	3 – 4 ounces meat of choice Potato, rice or noodles Vegetable Pudding
Snack	1 – 2 Tbsp. peanut butter on crackers or banana or apple 1 cup milk