

Meeting Protein Needs

Daily Protein Needs: 70-100 grams

Each meal should include 20-30 g of protein (size of a deck of cards).

Protein is extremely important for healing after surgery, maintaining muscle, preventing hair loss, and preventing hunger between meals. Eat protein **FIRST** at all meals and snacks.

Protein Tips:

- Look for **LEAN** options on the label: ground lean, tenderloin, tip, loin, sirloin, round, flank, roast, chop, shank, cutlet, shoulder, 90/10, 93/7, and 97/3.
- Choose: baked, broiled, braised, grilled, seared, smoked, steamed, and pressed. **AVOID FRIED!**
- Add **meat, poultry, fish, soy/tofu and eggs** to veggies, soups, and salads.
- Use **plain Greek yogurt or cottage cheese** instead of mayo, sour cream, cream cheese, and heavy cream in tuna salad, egg salad, chicken salad, dips, soups, sauces, and hot cereals.
- Add **non-fat dry milk powder or unflavored protein powder** to sauces, soups, sugar-free pudding, low-sugar yogurt, and hot cereals.

Meeting Fluid/Hydration Needs

Daily Fluid Needs: 64 oz of sugar free/decaffeinated fluids daily

This goal may be different for you if you are on a provider-recommended fluid restriction.

Maintaining proper hydration is important to prevent dehydration. Dehydration is the loss of body water and is a risk for you, especially during the first few months following surgery and in the warm months.

Dehydration Symptoms:

- Nausea
- Sluggishness
- Constipation
- Lightheadedness
- Muscle cramps
- Dark-colored urine
- Urinating < 4 times/day
- Small amount of urine
- Strong feeling of thirst and/or dry mouth (often occurs too late)



Tips to maintain proper hydration:

- Drink fluids all throughout the day
- Try to get at least ½ cup to 1 cup (4-8 oz) of fluid each hour
- Always keep fluids with you
- Always sip slowly and avoid straws
- Drink more on hot days and when exercising
- Never leave home without your water bottle!
- No carbonated beverages
- No sugar-sweetened beverages
- Be calorie-conscious
- Limit caffeinated drinks to 2 cups per day

