
















Protein Sources

<u>Poultry</u>	<u>Fish</u>	<u>Shellfish</u>	<u>Lean Meats</u>	<u>Deli Meats</u>
3 oz = 25g pro	3 oz = 21g pro	3 oz = 18g pro	3 oz = 25g pro	3 oz = 15g pro
				
Chicken Cornish Hen Turkey Ground Turkey	Flounder Mahi Mahi Redfish Mackerel Sea Bass Snapper Trout Tuna Catfish Cod Salmon Tilapia	Lobster Shrimp Crab Mussels Oysters Crawfish Clams Scallops	Beef Pork Lamb Veal Venison Elk Buffalo	Roast Beef Pastrami Ham Turkey Chicken Canadian bacon
<u>Eggs</u>				
				
1 egg = 6g Egg substitute (1/4cup) = 6g				

<u>Dairy</u>	<u>Starches with some protein</u>
Milk (1cup) = 8 g Dried milk (1/3cup) = 8 g Fair life milk (1cup) = 13 g Plain Yogurt (6oz) = 8 g Greek yogurt (6oz) = 16 g Hard cheese (1oz) = 7 g Soft cheese (1oz) = 6 g Cottage Cheese (1/4cup) = 7g	Beans (1/4 cup) = 6 g Oatmeal (1/4cup) = 5 g Wheat germ (2Tbsp) = 4 g Bulgur (1/4cup) = 3 g Quinoa (1/4cup) = 4.5 g
	
	
<u>Soy</u>	<u>Other</u>
Soy milk (1cup) = 5-7g Tofu (1/4cup) = 10g Tempeh (1/4cup) = 15g TVP (1/4cup) = 12g	Veggie burger (1patty) = 10g Veggie sausage (2 links) = 9g Turkey Jerky (1oz) = 12g Protein bars/shakes = >15 g
	
	
	

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

