

# Are You Ready For Surgery?

Optimizing your nutrition can help you achieve the best surgical outcome



## Food sources of **important nutrients** for surgery



### Rebuild & Repair

#### Proteins

Chicken, Fish, Eggs, Tofu, Legumes

#### Calcium

Dairy, Canned Fish, Cooked Leafy Greens, Tofu, Almonds

#### Iron

Fish, Chicken, Beans, Nuts, Leafy Greens



### Immune Health

#### Vitamin D

Fortified Dairy, Fatty Fish

#### Vitamin E

Avocado, Nuts, Plant Oils

#### Vitamin C

Raw Fruits, Raw Vegetables

#### Zinc

Meat, Nuts, Shellfish, Legumes



### Anti-Inflammatory

#### Omega-3

Fatty Fish, Omega-3 Eggs, Nuts & Seeds

#### Polyphenols

Fruits, Colorful Vegetables, Nuts & Seeds, Herbs & Spices

## Foods to **limit** when recovering from surgery

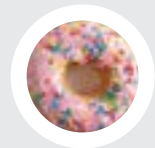
Limit



### Processed Foods

May increase the inflammation and stress in your body, which can delay healing.

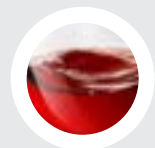
Limit



### Sugary Foods

Can increase your blood sugar and impair the healing of your surgical wound.

Limit



### Alcoholic Drinks

Puts stress on your body, causes inflammation and can damage your cells.

Take the guesswork out of pre- and post-surgical nutrition by ordering **ENROUTE™**

