

## No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 ([www.stopsmokingmanchester.co.uk](http://www.stopsmokingmanchester.co.uk)).

This leaflet is available in large print, Braille and on tape.

Please contact Geoff Pennock or Jean Bird on 0151 604 7289.

This information is available in other languages.

Please contact the PALS office on 0151 678 5111 Ext. 8437.

## Translation and Interpretation Service

Do you have difficulty speaking or understanding English?

আপনি কি ইংরেজীতে বুঝতে কিংবা বুঝাতে ঠপরেছেন ? (BENGALI)

क्या आपको अंग्रेजी बोलने या समझने में कठिनाई है ? (HINDI)

તમે ભાષા કાશ્ચે વાતચીત કરવામાં મુશ્કેલી આવે છે ? (GUJARATI)

ਕਿ ਤੁਹਾਨੂੰ ਅੰਗ੍ਰੇਜ਼ੀ ਬੋਲਣ ਨਾਂ ਸਮਝਣ ਵਿਚ ਦਿੱਬਤ ਹੈ ? (PUNJABI)

Miyeey ku adagtahay inaad ku hadasho Ingriisida aad sahamto (SOMALI)

هل لديك مشاكل في فهم والتكلم باللغة الانجليزية ؟ (ARABIC)

你冇困難講英語或明白英語嗎？ (CANTONESE)

کیا آپ کو انگریزی سمجھنے اور سمجھانے میں وقت پیش آتی ہے؟ (URDU)

☎ 0161 276 6202/6342

# Build Yourself Up - for Patients Undergoing Surgical Procedures



## Introduction

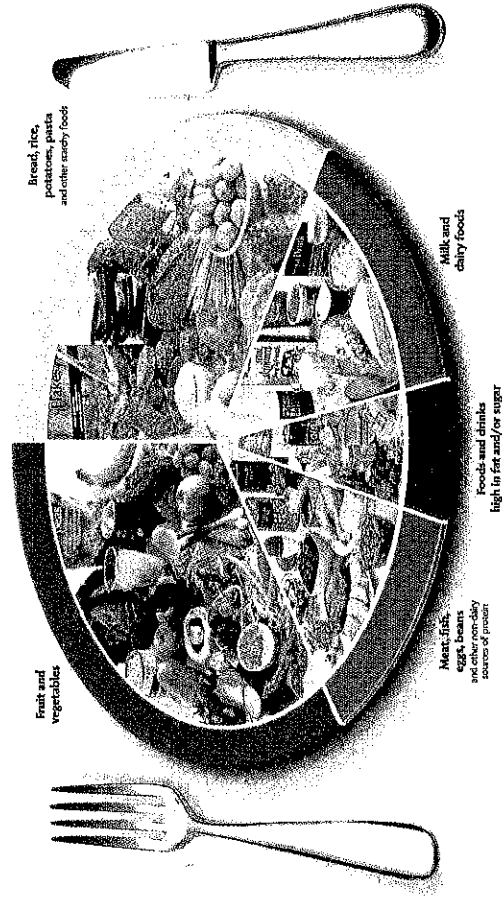
Good nutrition and being well nourished before surgery is important as it can help your body to recover after your operation. Eating well and maintaining a well balanced diet after surgery will continue to aid your recovery.

This leaflet provides some information on the different food groups and the nutrients required for a balanced diet. It also gives information on increasing energy and protein in your diet to help with weight gain to build yourself up prior to surgery.

This information may also be useful after you have had surgery and during your recovery from surgery if you are losing weight or have a poor appetite.

## Eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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It is important to eat regular meals each day including a variety of foods as illustrated by the Eatwell plate above.

## **Foods to include in your diet**

### **Meat, fish and alternatives**

This food group includes meat, poultry, fish, eggs, pulses, beans, lentils, nuts and vegetarian alternatives such as quorn and tofu.

They are an important source of protein, vitamins and some minerals such as iron which all contribute to your body's recovery following surgery by aiding wound healing.

Aim to eat at least 2 portions per day. A portion is 4oz (120g) lean meat or (4oz) 120g fish or 1-2 eggs or 200g baked beans or 1/2 cup lentils.

### **Milk and dairy foods**

This food group includes milk, cheese and yoghurt.

They are an important source of protein, vitamins and calcium which contribute to your body's recovery after surgery.

Aim to eat at least 2-3 portions per day. A portion is 1/3 pint of milk or 150g yoghurt or 40g cheese or 150ml custard/milk pudding.

### **Starchy foods**

This food group includes cereals, breads, pasta, rice, noodles and potatoes.

They provide your body with energy, fibre, vitamins and some minerals all of which contribute to your body's recovery after surgery.

Aim to include a good portion at each meal. A portion is 3 tablespoons of cereal or 1 medium slice of bread or 3 crackers or 1 cup of boiled rice/pasta or 2 egg sized potatoes.

### **Fruit and vegetables**

This includes all fresh, frozen, canned and dried fruit and vegetables.

They provide your body with important vitamins and minerals and are a good source of fibre to keep your bowels healthy. National guidelines recommend trying to eat at least 5 portions of fruit and vegetables every day.

If you have been advised to follow a low fibre diet, do not include this advice on fruit and vegetables for 3 days prior to your operation (see additional leaflet available from Preop Nurse). Otherwise, aim to eat the amount you can tolerate each day. This may only be 1-2 portions a day around the time of your operation.

### **Fluids**

It is important to drink plenty of fluids and maintain hydration. You should aim to drink at least 6-8 cups of fluid every day. It would be good to have drinks high in energy and protein, there are some suggestions given in this booklet.

## **Increasing the energy and protein content of your diet**

If you have a poor appetite and reduced dietary intake the following suggestions may be helpful:

1. Try to eat 3 meals a day with snacks in between. Snack examples may include: cheese and crackers, scone and jam, crumpets, crisps, nuts or digestive biscuits.
2. Try to have protein foods at least three times a day. For example: meat, fish, eggs, cheese, beans, lentils or nuts.
3. Try to have pudding once or twice a day. For example: thick and creamy yoghurt, rice pudding, sponge and custard, trifle or mousse\*.
4. Try serving extra bread and potatoes, rice, pasta or chapattis with your meals.
5. Try to have a nourishing drink instead of a snack if you are not hungry. For example milk.

6. Try to have three portions of fruit and vegetables a day. These provide your vitamins, minerals and fibre.
7. Spread margarine or butter thickly onto bread, crackers, crumpets or teacakes.
8. Fry or roast foods as often as possible. For example: chips, bacon, sausages and potatoes. Try to use monounsaturated or polyunsaturated oil, for example sunflower, olive or rapeseed oil.
9. Include sugary foods\* whenever you can. For example sugar, jam, honey, sweets, biscuits and cakes.
10. Try to have 6-8 cups of water tea, coffee, fruit juice or milk per day.

\*May not be suitable for people with diabetes.

Your meals and snacks can be enhanced further by fortifying foods in the following ways:-

To soups and casseroles add:

- Milk (fortified - see next section)
- Grated cheese
- Croutons or dumplings
- Noodles or pasta
- Cream
- Evaporated milk or milk powder
- Beans or pulses

To sauces add:

- Milk (fortified)
- Grated cheese
- Margarine
- Peanut butter
- Cream
- Milk powder

To vegetables and potatoes add:

- Milk (fortified)
- Grated cheese
- Margarine
- Salad cream or mayonnaise
- Sauces, for example white sauce
- Fried onions
- Cream

To breakfast cereals add:

- Milk (fortified)
- Evaporated milk
- Yoghurt
- Syrup, honey or sugar\*
- Fresh fruit or dried fruit
- Nuts and seeds

To drinks add:

- Cream
- Chocolate\*
- Milk (fortified)
- Evaporated milk
- Marshmallows\*
- Syrup, honey or sugar\*
- Fresh fruit or dried fruit
- Nuts and seeds
- Ice cream

To puddings add:

- Milk (fortified)
- Evaporated milk
- Yoghurt
- Syrup, honey or sugar\*
- Fresh fruit or dried fruit
- Nuts and seeds
- Ice cream

\*May not be suitable for people with diabetes.

## Fortified Milk

Fortified milk can give you extra goodness and be used as you would ordinary milk.

Make fortified milk by simply following these instructions:

1. Take 2-4 tablespoons of dried milk powder (for example Marvel or Five Pints), and mix to a paste with a little milk taken from a full pint of milk.
2. Whisk in the remainder of the milk.
3. Store in the refrigerator.

## Build yourself up snacks

Below are suitable snacks that can be used to supplement your diet:

- Almonds, cashew nuts or peanuts
  - Scotch egg
  - Sausage roll
  - Mini pork pie
  - Packet of crisps
  - Cocktail sausages or chicken bites
  - Breadstick dunkers with spread cheese
  - Crackers and cheese
  - Croissant
  - Pate
  - Peanut butter
  - Crème caramel\*
  - Fromage frais
  - Full fat yoghurts
  - Fruit or chocolate mousse\*
  - Trifle\*
  - Pot of ready-made custard or rice pudding
  - Slice of cake
  - Jam tart
  - Fully covered chocolate biscuit\*
  - Currant bun
- Fancy iced cake\*
  - Cake bar\*
  - Shortbread biscuit\*
  - Chocolate éclair\*
  - Cereal bar
  - Egg custard
  - Mince pie\*
  - Donut\*
  - Cream bun
  - Milk, plain or white chocolate\*
  - Cheese cake \*
  - Toffee popcorn\*
  - Flapjack\*
  - Ice cream
  - Choc ice
  - Plain or fruit scone with spread
  - Toasting waffles
  - Mixed nuts and raisins
  - Chocolate spread\*
  - Hot chocolate drink\*
  - Flavoured milk or yoghurt drink

\*May not be suitable for people with diabetes.

## You may want to try some nutritional supplements

These may be useful if you are eating less than half of your meals before or after your operation.

### Products available from the chemist or supermarket

The following nutritional supplements are examples of products which can be bought without a prescription. All are available in sweet or savoury flavours.

- Build Up (Nestle)
- Complan (Complan Foods Ltd)

You can have up to three of these a day. It is worth making them up with whole milk instead of water. Check the instructions on the packet.

### Products available on prescription

There are some nutritional supplements available on prescription. Ask a Health Care Professional about these at your hospital visit or discuss with your GP or Nurse Prescriber in the community.

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