

Oncology Nutrition



Pre/Post Surgery Nutrition



Why focus on nutrition?

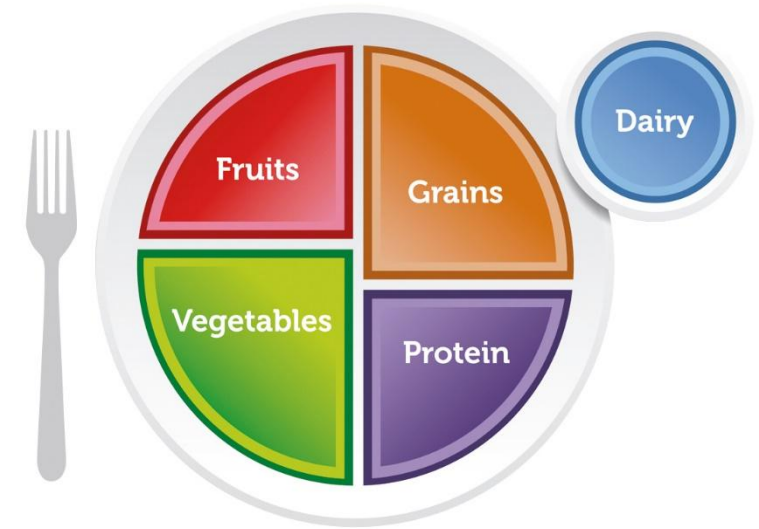
**Reduced risk for
complications**

Improved recovery



Pre-Surgery

- **5-7 days targeted nutrition**
 - 2 weeks if poor nutritional status or GI cancer
- **Remove unnecessary dietary restrictions**
- **Think about micronutrients**
 - Iron, thiamin, vitamin B12 and vitamin D



Protein!



- Focus on high protein foods with every meal
- 3 meals per day
- Consider 2 high protein supplement drinks daily
 - Minimum 20g protein per drink
(Premier Protein, Boost Max, Ensure Max Protein)

Fasting, Day of Surgery

- Talk with Surgeon on guidelines
- Widely accepted guidelines
 - **Light meals** up to 8 hours before procedure
 - Lower fiber, lower fat, non-fried
 - Toast with jelly, cold or hot cereal, scrambled eggs, nonfat yogurt, juice without pulp
 - **Clear liquids** up to 4 hours before procedure

Following surgery:

- Resume regular diet as soon as approved by MD.
- Eat foods that sound good to you

Goals

- Continue to focus on **protein for 1 week**
- For wound healing, discuss additional **vitamin C and zinc** with provider
- **Reduce inflammation**
 - Omega 3 fats (olive oil, walnuts, salmon)
 - Colorful fruits/vegetables
 - Limit high sugar/processed foods if appetite good



Post-Surgery



Monitor

- Blood glucose if diabetic
- Hydration status, urine color
- Bowel movements

Movement

- As approved by MD
- Aids in recovery

Test your knowledge!

Make a meal higher protein

What can you add to make this breakfast higher **protein**?



Test your knowledge!

Make a meal higher protein

What can you add to make this breakfast higher **protein**?



Thank You!

