

Preoperative Nutrition Protocol

Sample Day for Preoperative Diet

AM Meal:

4 oz skim milk or 1% milk
*2 oz fruit (1/4 cup)
4 oz protein

Afternoon Meal:

6 oz light plain or vanilla yogurt
*2 oz fruit (1/4 cup)

Mid Morning Meal:

1 oz nuts
*4 oz fruit

PM Meal:

4 oz protein
2 cups salad or non-starchy vegetable
1 Tbsp healthful fat

Noon Meal:

4 oz protein
2 cups salad or non-starchy vegetable
1 Tbsp healthful fat

** Eliminate fruits 3- 5 days prior to surgery.*

Sample Day Menu

AM Meal:

*4 oz skim milk or 1% milk
1/2 cup blueberries
4 oz low fat breakfast meat*

Afternoon Meal:

*6 oz Dannon light n fit vanilla yogurt
1/4 cup strawberries*

Mid Morning Meal:

*1 oz unsalted trail mix
1/2 cup cantaloupe*

PM Meal:

*4 oz grilled fish/sautéed with olive oil
2 cups broccoli*

Noon Meal:

*4 oz chicken
2 cups salad greens
1 Tbsp balsamic vinaigrette/olive oil bend*

1 starch = 1 slice or 1/2 cup grain product/dry beans, starchy vegetable

Starchy vegetable = corn, potatoes, sweet peas, winter squash, dry beans

Protein = beef, pork, poultry, seafood, low fat cheeses, egg

Healthful Fat = oils (olive or canola) olives, avocado, salad dressings (olive oil blends, spritzers), nuts/seeds, etc.