



# Why is diet important

in connection with surgery?

To ensure that you do not lose strength in connection with major surgery, it is important that your diet gives you extra protein and energy.

If you have lost weight in connection with surgery, you will have lost muscle tissue. It will be some time before you regain energy and return to normal.

You will need protein because proteins are the “bricks” you need to rebuild your body. Proteins help to rebuild muscles, promote healing, stimulate blood production and strengthen your immune defence system.

Different people require different amounts of protein. As a rule of thumb, we recommend 1 g of protein per kilogramme of body weight per day.

### There is protein in

- Meat, fish and poultry
- Eggs
- Dairy products
- Cheese

As you will need extra protein after surgery, we recommend, as a supplement, that you also drink three glasses of protein-rich drink a day.

To make sure than you have an appetite at mealtimes, it is best to take a protein-rich drink as a snack between meals.



Protein-rich drinks also contain carbohydrates, which give your body the energy you need to train and heal wounds.

You may feel that you have a small appetite, nausea and possibly vomiting after surgery. These symptoms are usually due to painkillers. To reduce nausea, you can take anti-emetic medication or drink cola. It is important that you try to eat and drink even when you feel nauseous. It is also important that you drink 1½-2 litres of liquids a day.

You should continue to eat a protein- and energy-rich diet until you no longer feel fatigued and have returned to your normal weight.

## Recipes for protein-rich drinks

Here you can find a number of recipes for protein-rich drinks you can make at home.

### Protein-rich drink

½ glass of ylette/ymer (soured milk products)  
 10-15 ml juice/cordial  
 (Optional) 13% cream (or quark) to taste  
 Top up with buttermilk  
 Add 2 teaspoons of sugar to taste.



### Chocolate drink

100 ml chocolate drink  
 100 ml milk  
 2 dessert spoons quark/skyr  
 1 teaspoon instant coffee  
 1-2 teaspoons sugar

### Strawberry drink

100 g strawberries  
 100 ml milk  
 100 ml cream  
 2 dessert spoons quark/skyr  
 2 dessert spoons sugar

Beat ingredients well. Add sugar to taste. You can also add 1 dessert spoon of vanilla ice cream before serving. If you cannot or prefer not to make your own protein-rich drinks, you can buy ready-made protein-rich drinks in some supermarkets and pharmacies, e.g. Arla Protin.

## Protein and energy-rich products

	Protein (g)	Energy (kJ)
<b>Dairy products:</b>		
200 ml whole milk	7	525
200 ml skimmed milk	7	300
200 ml cocoa	7	500
200 ml ymer	12	600
1 thick slice of cheese	5	280
100 g quark 1%	13	320
100 g skyr	11	256
100 g cottage cheese	12	438

### Almonds, nuts:

1 handful of peanuts	8	780
1 handful of almonds	6	800
1 handful of hazelnuts	4	860
1 handful of walnuts	3	700

	Protein (g)	Energy (kJ)
<b>Meat, fish and eggs:</b>		
1 egg	6	320
100 g pork (lean)	22	450
100 g beef (lean)	22	555
100 g chicken	20	557
½ tin of mackerel	9	530
½ tin of tuna canned in water	18	375
Marinated herring with ½ slice of rye bread	4	320
1 slice cod roe	5	115



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