

Department of
Nutrition & Dietetics

Importance of Good Nutritional Intake Prior to Surgery



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Good Nutrition can:

- ✓ Improve your immunity
 - ✓ Help with wound healing and recovery
 - ✓ Reduce your risk of post-surgery complications
 - ✓ Improve functional status and possibly reduce rehabilitation time
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- ✓ Ensure sufficient intake of energy and protein
 - ✓ Aim to have a balanced diet – one containing carbohydrates, protein and fruits & vegetables[#]

[#]However, some conditions will require you to eat lesser wholegrains, fruit and vegetables before and after the surgery. It's important to check with your surgeon for guidance!



Sources of Energy and Ensuring Sufficient Energy Intake

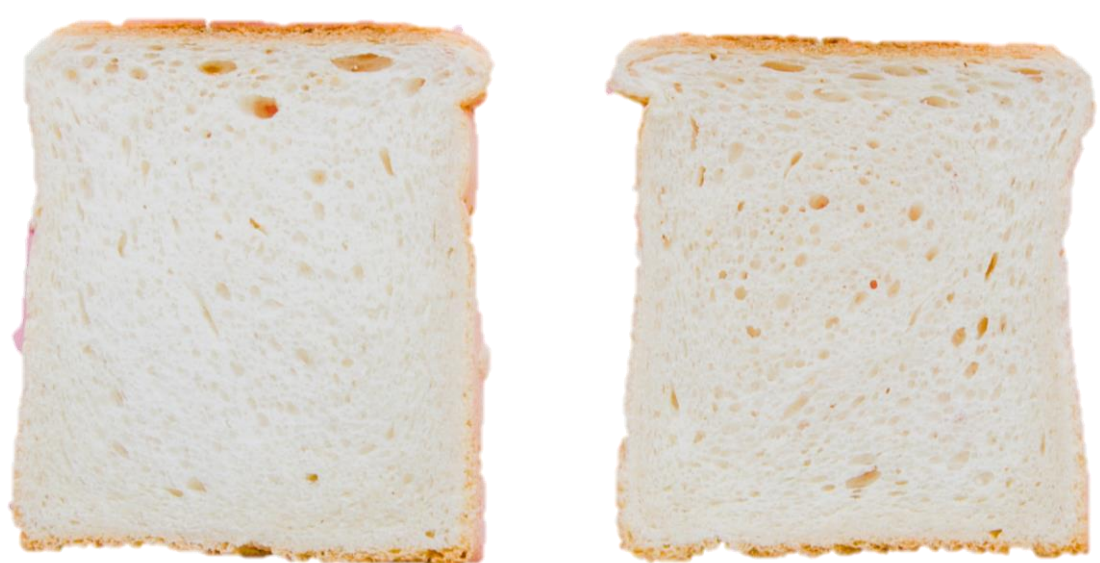
Why is it important to consume enough energy before your surgery?

- ✓ To maintain your weight and to prevent undesirable weight and muscle loss
- ✓ To provide you with energy for pre-habilitation before surgery

Carbohydrates are a good source of energy, Aim for ~5-7 servings/day:

Examples of 1 serving of carbohydrate:

2 slices of bread



1/2 bowl of rice



3/4 bowl of porridge



1/2 bowl of noodles/pasta



4 cream crackers



2 idli



Healthier oils are also a good source of energy

Examples include: sesame, olive, canola, grapeseed, sunflower, corn

Remember to use in moderation!



These advised energy and protein portion sizes are general advice, which may not be applicable if you have other medical conditions (e.g. diabetes, kidney diseases etc). Do seek individualised advice from your healthcare professional if you are unsure

Sources of Protein and Ensuring Sufficient Protein Intake

Why is it important to consume enough protein before your surgery?

- ✓ To help maintain your immunity and remain healthy
- ✓ To help with wound healing and reduce your risk of developing infections
- ✓ To help maintain your muscle mass

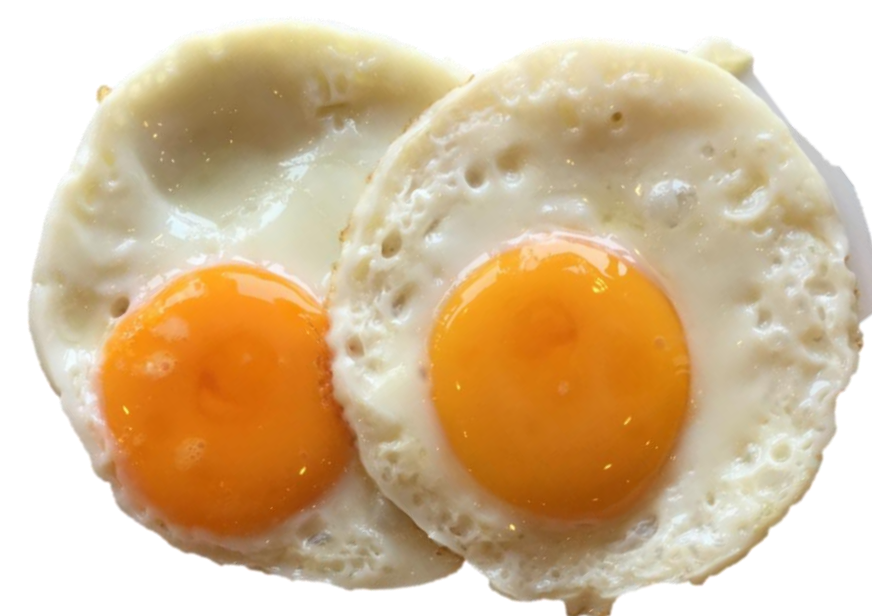
Ensure to have adequate protein intake, Aim for at least ~3-4 servings/day:

Examples of 1 serving of protein:

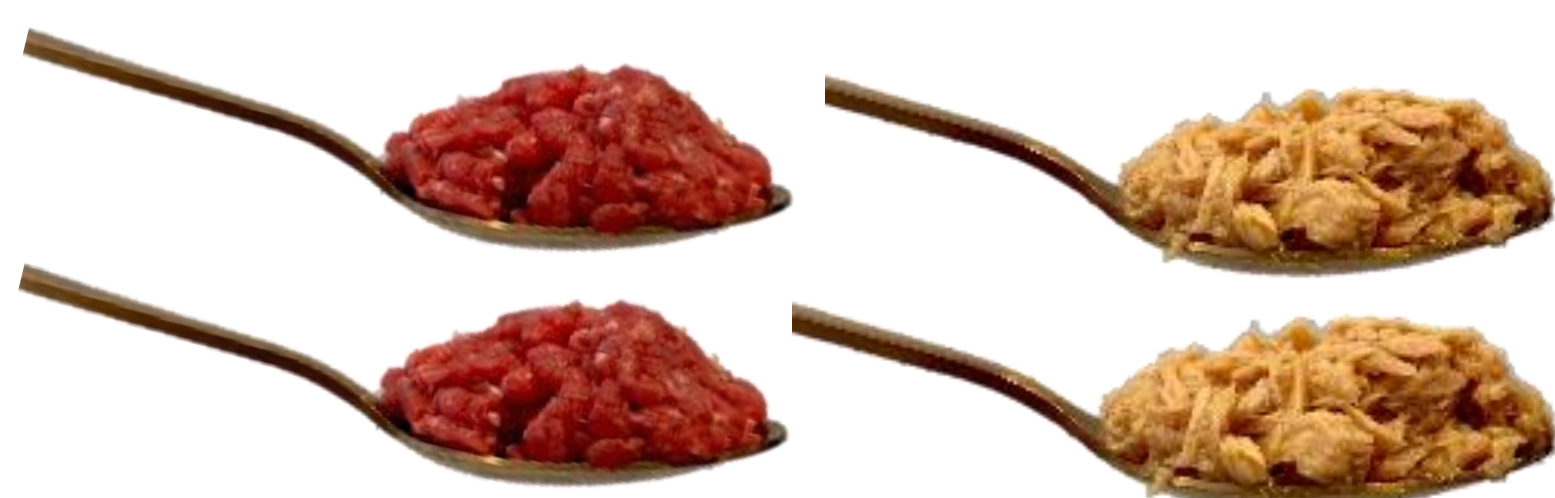
½ palm-sized portion of lean meat/chicken/fish



2 eggs



4 tablespoons of minced lean meat/fish



2 blocks of taukwa



2 cups of milk/soymilk



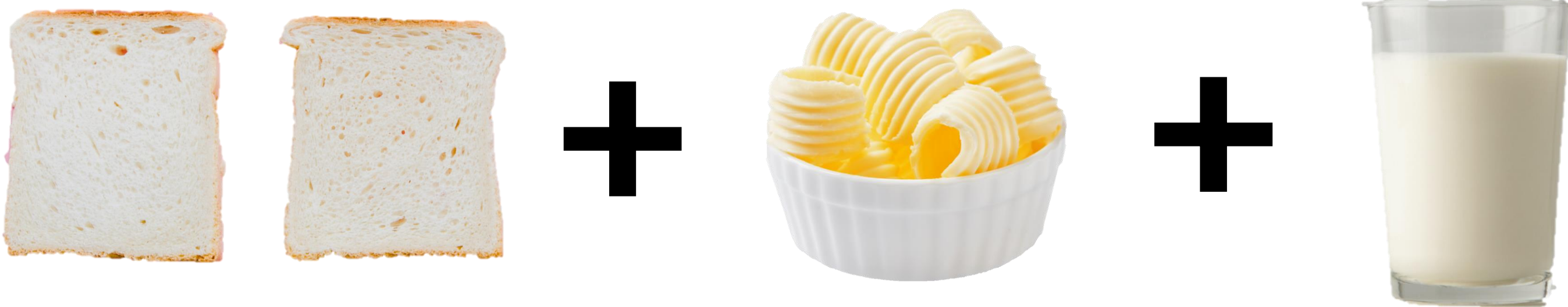
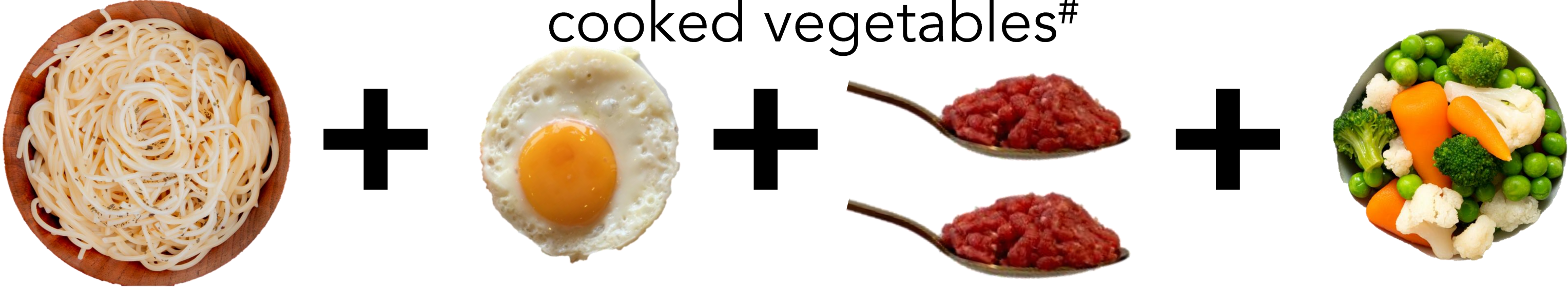
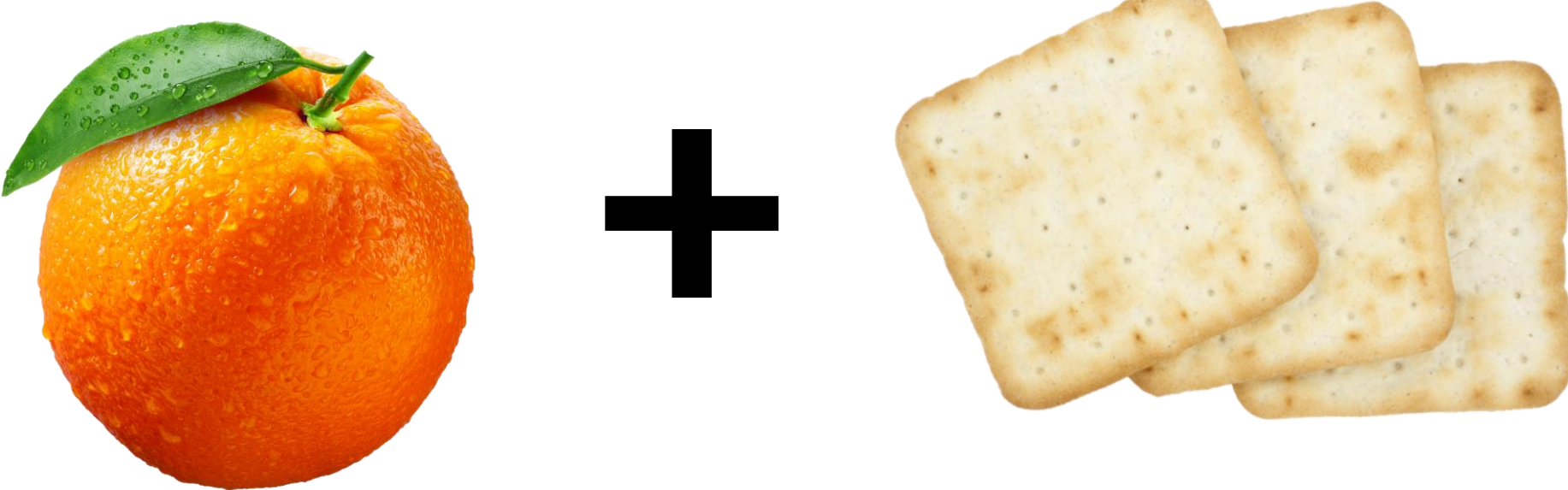

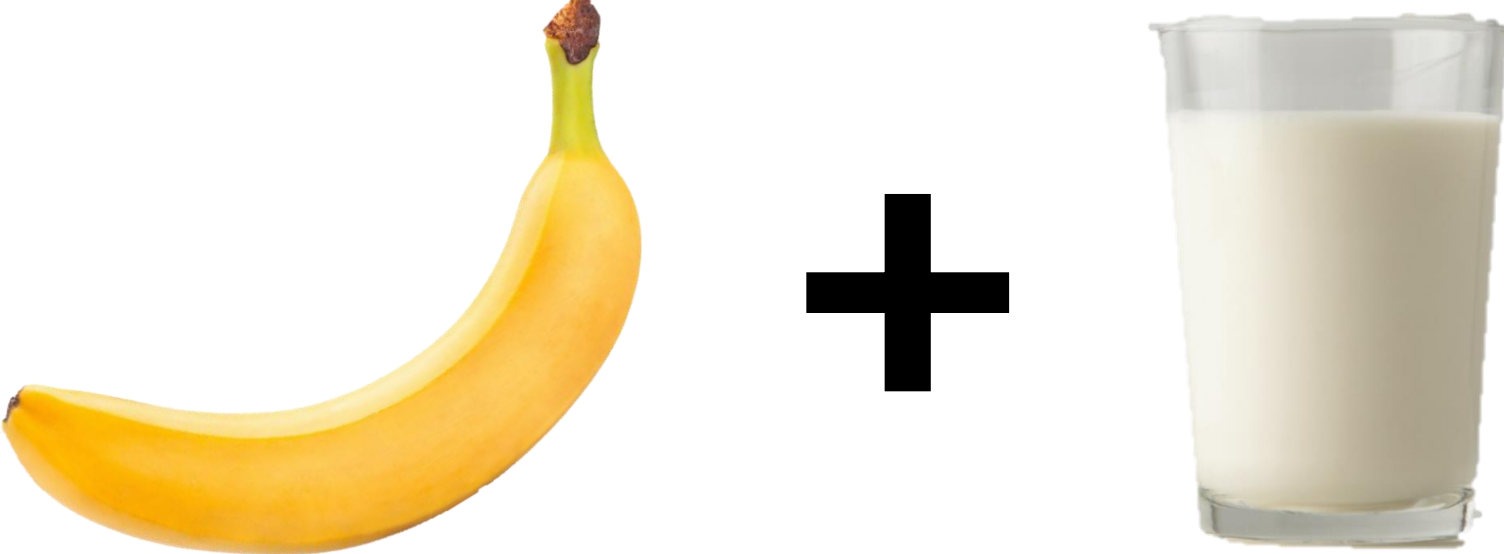
1 block of silken tofu



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Sample Meal Plan

Here is a sample meal plan to ensure that you are getting enough energy and protein before surgery.

Breakfast:	<p>2 slices of bread, spread of margarine, 1 cup of milk/soy milk</p> 
Lunch:	<p>1 bowl of noodles, 1 egg, 2 tablespoons of minced meat, ½ cup cooked vegetables[#]</p> 
Afternoon Tea:	<p>1 fruit[#], 3 pieces of plain cream crackers</p> 
Dinner:	<p>1 bowl of rice, 1 palm-sized portion of fish, ½ cup of cooked vegetables[#]</p> 
Supper:	<p>1 fruit[#], 1 cup of milk/soy milk</p> 

✓ Aim for small frequent meals

✓ Add healthy oils/spread to food to make it more nutritious (e.g. add sesame oil to porridge, jam/kaya to bread)

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Am I at Risk of Poor Nutrition?

It is important to monitor your food intake and weight leading up to the surgery. The aim is for you to maintain your weight prior to surgery, unless you have been advised otherwise by your doctor.

Self-Monitoring of your weight and food intake is important.

Pay attention if you have:

Unplanned weight loss
(loss of $\geq 3\text{kg}$ in 1-3 months or $\geq 5-6\text{ kg}$ in 6 months is concerning)

And/Or

Loss of appetite and are eating lesser than before
(especially if you have been eating less than $\frac{1}{2}$ of your usual portion in the past 5 days or more)



If you have at least 1 of the above, ask your doctor for advice or get them to refer you to a dietitian. A dietitian can guide you on how to get nutrition you need.

Clinics B2
TTSH Medical Centre, Level B2
Contact:
6357 7000 (Central Hotline)



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