



Good wound healing requires good food

Supporting wound healing with good nutrition can shorten the time it takes to recover from your surgery.

First and foremost, make sure you are eating at least three meals per day. Include a good source of protein at each meal and try to eat a variety of fruits and vegetables.

It is always best to obtain your nutrition from natural sources. Please let your care team know if you are having problems eating enough. Make them aware of any recent weight loss too.

If your surgeon is concerned about healing or your nutritional status, they may also suggest a nutritional supplement program prior to surgery to help support your nutritional status. This may include supplements in form of a pill or a presurgical immunonutrition drink.

Do not start taking any nutritional supplements without consulting your surgeon.



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Optimizing your nutrition for surgery



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Vitamin C

Vitamin C is important for wound healing. It supports collagen and bone formation and the immune system. Vitamin C has also been shown to decrease pain after surgery. You should consume 500-1,000 mg of vitamin C daily.

Fruits	Dietary content	Vegetables	Dietary content
Kiwi (1 cup)	180 mg	Bell peppers	95.7 mg
Orange (1 small)	51 mg	Brussels sprouts (1 cup)	74.8 mg
Strawberry (1 cup)	97.5 mg	Broccoli (1 cup)	88 mg
Pineapple (1 cup)	165 mg	Kale (1 cup, cooked)	21 mg
Cantaloupe (1 cup)	160 mg	Tomato (1 cup)	24 mg

Vitamin A

Vitamin A plays an important role in healing. It supports collagen development and the formation of new bone and skin cells. Your daily recommendation is 900 mcg.

Food source	Dietary content
Mango (1 cup)	89 mcg
Carrots (1 cup, raw, slices)	816 mcg
Tomato (raw)	42 mcg

Protein

To maintain muscle mass and support healing, try to take in at least 60 grams of protein a day. You may require more after surgery; please check with your surgeon.

Plant-based proteins also count toward your daily carbohydrate recommendation, providing the energy your body needs for the healing process.

Animal-based protein	Dietary content	Plant-based protein	Dietary content
Beef (3 oz.)	22 g	Lentils (1 cup)	18 g
Fish (3 oz.)	19 g	Peanut butter (2 tbs)	8 g
Poultry (4 oz.)	13 g	Almonds (1/2 cup)	10 g
Milk (8 oz., 1%)	8 g	Chickpeas (1 cup)	39 g
Egg	6 g	Pumpkin seeds (1 oz.)	8.5 g
Cottage cheese (1 cup)	25 g	Quinoa (100 g)	11 g

Calcium

Calcium is necessary for good bone health and healing after surgery. Your daily calcium recommendation is 1,000-1,200 mg.

Food source	Dietary content
Broccoli (1 cup)	75 mg
Spinach (1 cup, raw)	29.7 mg

Zinc

Zinc supports your immune system and metabolism. Your daily recommendation is 8-11 mg.

Food source	Dietary content
Pumpkin seeds (1 oz.)	2.21 mg
Shrimp (3 oz.)	1.1 mg

Vitamin D3

Vitamin D3 is needed to help your body absorb the calcium it needs to heal bone. It assists in muscle function and helps decrease inflammation. Your daily recommendation is 5,000 IU a day.

It is sometimes difficult to eat enough to meet your daily requirements. Your surgeon may recommend taking a daily vitamin D3 supplement.

Food source	Dietary content
Eggs (3 eggs)	120 IU
Tuna (3 oz.)	70 IU
Frosted Flakes (1 cup)	79 IU
Honey Nut Cheerios (3/4 cup)	40 IU
White mushrooms (3 medium)	3 IU
Salmon (3 oz.)	447 IU