Know How Good Nutrition Can Help Your Recovery

Following your hospital stay, your body may need extra protein, calories, and other nutrients to help you recover and get back to enjoying your life. Your body uses protein to build cells and repair tissue. Poor nutrition can lead to complications and put you back in the hospital.

Without proper nutrition you may experience:

Infection and illness

Bed sores and slow wound healing

Frailness and falling

Good nutrition can help you:

Maintain lean muscle and strength.

Support your immune system.

Reduce the chance of readmission to the hospital.

Nutrition for a Stronger Tomorrow

Your health care team wants you to recover as quickly as possible, and something as simple as good nutrition can help make a difference.

Tips for Maintaining Good Nutrition at Home:

How to ensure you get the nourishment your body needs

Eat (even though you may not feel hungry)

- ☑ Eat five or six small meals during the day
- ☑ Eat a bigger meal earlier in the day
- ☑ Have easy, convenient meals and nutritious snacks on hand
- ☑ Eat nutrient-rich foods, such as low-fat yogurt, cheese, and nuts

Have food ready

- ☑ Prepare and freeze extra servings
- ☑ Carry single-serving packages of healthy snacks, such as dried fruits, nuts, peanut butter and crackers, or granola bars

Eat right

- ☑ Try to eat at least 5 ounces of lean meat, poultry or fish each day
- ☑ Include 1¹/₂ cups of colorful fruits and 2 cups of vegetables each day—fresh, frozen or canned
- ☑ Choose low-fat milk, yogurt and cheese (adults need three servings of dairy a day)
- ☑ Make sure at least half of your bread, cereal, pasta or rice servings are whole grains
- ☑ Consider oral nutritional supplements

Talk to your doctor

- ☑ Talk to your doctor about your nutritional intake and what your body needs to recover from your hospital stay

Ask your care specialist for more information on how to stay healthy at home with nutrition.