



Are You Ready For Surgery?

Optimizing your nutrition can help you achieve the best surgical outcome



Food sources of important nutrients for surgery



Rebuild & Repair

Proteins

Chicken, Fish, Eggs, Tofu, Legumes

Calcium

Dairy, Canned Fish, Cooked Leafy Greens, Tofu, Almonds

Iron

Fish, Chicken, Beans, Nuts, Leafy Greens



Immune Health

Vitamin D

Fortified Dairy, Fatty Fish

Vitamin E

Avocado, Nuts, Plant Oils

Vitamin C

Raw Fruits, Raw Vegetables

Zinc

Meat, Nuts, Shellfish, Legumes



Anti-Inflammatory

Omega 3

Fatty Fish, Omega-3 Eggs, Nuts & Seeds

Polyphenols

Fruits, Colorful Vegetables, Nuts & Seeds, Herbs & Spices

Foods to limit when recovering from surgery



Processed Foods

May increase the inflammation and stress in your body, which can delay healing.

Sugary Foods

Can increase your blood sugar and impair the healing of your surgical wound.



Alcohol

Puts stress on your body, causes inflammation and can damage your cells.

Take the guesswork out of pre- and post-surgical nutrition by ordering the **Ortho Nutrition Bundle!**

The Healthy Plate



How to eat to have an optimal recovery from Orthopaedic Surgery

By filling **1/2** of your plate with vegetables and fruits, **1/4** with protein and **1/4** with whole grains, you can have a balanced diet high in essential nutrients for recovery.



Brought to you by the makers of the

Ortho Nutrition Bundle

Prepare Better. Recover Faster.

A 4-week supplement program recommended by your orthopaedic surgeon to help you meet the **elevated nutritional needs** associated with orthopaedic surgery.



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Please have your surgeon's name and surgery date ready with you while ordering.

