

Eating Well



Eating well will help prepare your body for surgery. It can:

- reduce your risk of infection,
- help with wound healing, and
- speed up your recovery.

Proteins, vitamins and minerals support the healing process. Every day you should eat:

- protein-rich foods,
- wholegrain breads and cereals,
- dairy foods such as milk and yoghurt,
- vegetables, and
- fruit.

Include a protein-rich food at every meal. Foods high in protein include:

- Lean meat
- beans or legumes
- milk
- chicken
- nuts and seeds
- cheese
- fish
- tofu
- yoghurt
- eggs

Healthy weight for surgery

Aiming for a healthy weight before your surgery will mean you are less likely to have a complication during your surgery or while you are recovering.

If you are overweight, you may benefit from losing weight before your surgery.

The **NSW Get Healthy Service** 1300 806 258 for Aboriginal people is a free phone and online health coaching service that can help you reach your goals.

You can also speak to your GP about ways to manage your weight.

Resources:

- [Australian Guide to Healthy Eating](#)
- [Healthy Eating Active Living](#)

Aboriginal specific resources:

- **Bulbuwil Aboriginal Healthy Lifestyle Program** is for Aboriginal people and their families who live in the St George or Sutherland Shire areas. Call 0409 731 923 or 02 9540 8181
- [Australian Guide to Healthy Eating](#)
- [Tips for being a healthy weight](#)

Are you underweight or having trouble maintaining your weight?

Being underweight can increase your risk of complications after surgery.

If you are underweight or having trouble maintaining your weight, speak to your health care team or your GP before your surgery.

Resources: [Malnutrition](#) | [Dietitians Australia](#)