

Nutrition

Although eating after surgery may be the last thing on your mind, it is important to nourish your body to help the healing process. It is important to drink plenty of fluids and avoid hot liquids. Use fresh ingredients when possible, but using frozen or canned can also work.

Foods to avoid

1. Spicy foods
2. Popcorn
3. Acidic juices
4. carbonated drinks (breaks down blood clot which delays healing)
5. Chips

DO NOT USE STRAWS AFTER EXTRACTIONS (sucking action can cause removal of blood clot which delays healing)

DO NOT SMOKE AFTER EXTRACTIONS (sucking action delays healing)

Suggestions for Day 1 diet

Applesauce, cold pasta, cold pudding, Jell-o, yogurt, mashed potatoes, water, milk, ice tea, and nutritional supplement drinks (Slim fast, Carnation instant breakfast, Ensure)

Banana-Mango Shake (replaces electrolytes, clean bowels and help fight germs)

½ bananas

1 cup mango, peeled, pitted and chopped

½ cup plain yogurt

1 cup ice cubes

Non-acidic juice (e.g. apple) or milk as needed

DO NOT USE STRAW AFTER EXTRACTIONS

Place ingredients in a blender and puree until smooth. Add juice or milk gradually until shake is desired thickness.

Strawberry-Blueberry Smoothie

½ cup strawberries

½ cup blueberries

¾ cup apple juice

½ cup ice

1 scoop of plain low fat yogurt (optional)

Blend together the strawberries and blueberries with a splash of apple juice until liquefied. Then add in the remainder of the apple juice, ice, and optional plain low fat yogurt, blending until nice and smooth.

Mango-Melon Soup

2 mangoes, peeled, pitted and chopped
2 cups cantaloupe, peeled, seeded, and chopped
2 tbsp fresh mint, minced
2 tbsp fresh lemon juice
1 tbsp confectioner's sugar
¼ cup dry white wine
2 tbsp plain yogurt
2 tsp edible flowers (if available) for garnish
2 tsp small mint leaves for garnish

Combine all ingredients in a blender and puree. Chill for several hours. If you'd like to serve the soup immediately, begin with the fruit already chilled then add a handful of ice cubes into the blender while pureeing.

Suggestions for days 2-5

Milk, supplement drinks, tea, water, oatmeal, pancakes, soft cereals, soft brown bread, honey, soups, pasta, macaroni and cheese, quiche, puddings and yogurt

Broccoli Omelet (multivitamins, antioxidants and calcium)

1 tbsp. vegetable oil
3 eggs
Dash of salt and pepper
1/3 cup cooked broccoli, small pieces
½ cup cheddar cheese, shredded

Warm frying pan on medium heat and add oil. In bowl beat eggs, salt and pepper together then add the mixture to the hot pan. When eggs appear firm to turn add cheese and broccoli to top of omelet then fold in half covering the cheese and broccoli. Cook for 2 to 4 more minutes until cheese has melted.

Butternut Squash Soup (carotenes, antioxidants)

- 2 tbsp. butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash, peeled, seeded and cubed
- 4 cups of chicken stock
- Salt and freshly ground black pepper, to taste

Melt butter in large pot and cook onion, celery, carrots for about 5 minutes or until golden brown. Add potatoes and squash to the pot and pour just enough chicken stock to cover the vegetables and bring to a boil. Reduce heat to low and simmer for 40 minutes or until vegetables are tender. Transfer soup to blender and puree until smooth. Return to pot and add remaining chicken stock to attain desired consistency and season with salt and pepper to taste.

Frittata (crust-less quiche, with great source of protein and easy to chew after surgery)

- 1 tbsp olive oil
- ½ cup onion, diced
- 1 10oz package frozen spinach, thawed and squeezed dry
- ½ cup cooked potato, diced
- ½ cup herbed goat cheese, crumbled
- 6 eggs slightly beaten
- 1 tsp salt
- 1 tsp pepper

Small fry pan on low heat sauté the onion in olive oil until soft. Evenly distribute the sliced potato and goat cheese around the pan. Add eggs, seasoned with salt and pepper to the frying pan covering the cheese and vegetables. Cook on low-medium heat until most of the egg has set. Then flip the egg mixture over to finish cooking the other side. Best served with toast.

Days 6-14

Salmon Patties (great source of antioxidants and omega-3 fatty acids)

- ½ lb salmon
- 1 red potato, peeled and chopped
- 1 shallot, minced

1 egg beaten
¼ cup Italian seasoned breadcrumbs
1 tsp Italian seasoning
Salt and pepper, to taste
½ cup cornflake crumbs
2 tbsp olive oil

Preheat oven to 350 degrees and lightly grease a small baking dish. Place salmon in the prepared baking dish, cover and bake 20 minutes or until easily flaked with a fork. While fish is cooking, boil the potato in a small saucepan and cook until tender, 10-15 minutes. Once cooked drain and mash the potato. Next, combine the salmon, potato, shallot, egg and breadcrumbs in a bowl, then add the Italian seasoning, salt and pepper. Using the salmon mixture, create 1 inch balls of salmon, roll the balls in the cornflakes to coat, and press into patties. Heat the olive oil in a medium saucepan, and fry the patties over medium heat, 3-5 minutes a side, or until golden brown. Then enjoy.

ABC's of Vitamins and Minerals

Vitamin A helps you see in the dark while helping promote a healthy immune system by aiding in the growth and development of cells. Vitamin A is found in milk, eggs, liver, fortified cereals, carrots, sweet potatoes, pumpkin, cantaloupe, apricots, peaches, papayas and mangos along with orange fruits and vegetables.

Vitamin B1 helps create energy by breaking down and metabolizing fats and carbohydrates along with maintaining heart's functions and digestive systems. Vitamin B1 is found in Oatmeal, brown rice, whole grain flour, asparagus, potatoes, oranges, pork, liver and eggs.

Vitamin B2 (riboflavin) aids the body's antioxidants, to protect against free radicals. Vitamin B2 is found in Milk, cheese, green leafy vegetables, liver, kidneys and legumes.

Vitamin B3 aids antioxidants and plays a role in our digestive system. A deficiency in vitamin B3 may slow the body's metabolism causing intolerance to cold. Vitamin B3 is often in pill form.

Vitamin B4 (adenine) produces energy along with the other B vitamins. Vitamin B4 is found in whole grains (breads and cereals) raw honey, bee pollen, royal jelly and most fresh vegetables and fruits.

Vitamin B5 (pantothenic acid) known as the anti-stress vitamin because of its support of the adrenal glands release of cortisol and also stimulates the immune system to produce antibodies. Vitamin B5 is found in Beef, eggs, fresh vegetables, kidney, legumes, liver, mushrooms, pork, nuts, saltwater fish, whole rye and whole wheat.

Vitamin B6 (pyridoxine) is crucial for normal brain function. Vitamin B6 found in potatoes, bananas, beans, seeds, nuts, red meat, poultry, fish, eggs, spinach.

Vitamin B9 (folate) is important in DNA production, producing new cell bodies and preventing changes that may lead to cancer. Vitamin B9 is found in spinach, turnip greens, lettuces, fortified cereal and sunflower seeds.

Vitamin B12 (cobalamin) helps make red blood cells and gives you energy. Vitamin B12 is found in fish, red meat, poultry, milk, cheese, eggs and fortified cereals.

Vitamin C is essential for healthy bones, teeth and gums along with aiding in wound healing and plays a part in forming collagen and found in red berries, kiwi, red and green bell peppers, tomatoes, broccoli, spinach and orange and grapefruit juice.

Vitamin D strengthens bones by aiding in the absorption of calcium and manufactured when your skin is exposed to sunlight and found in egg yolks, fish oils, and fortified foods such as milk.

Vitamin E (antioxidant) helps protect cells from damage and keeps red blood cells healthy. Vitamin E is found in vegetable oils, nuts, avocados, wheat germ, whole grains and green leafy vegetables

Vitamin K helps regulate normal blood clotting and helps prevent the hardening of arteries to help reduce heart disease and failure and found in green leafy vegetables as well as cabbage, cauliflower, broccoli, and sprouts and fruits such as avocado and kiwi and parsley.

There are 16 “essential” Minerals that help maintain normal function of your nervous system, cellular reactions, structural and skeletal systems and water balance of the body.

Calcium is great for teeth and bone-building and also needed for healthy muscles, heart and digestive systems. Calcium is found in dairy products, calcium-fortified foods, canned fish with bones (salmon, sardines) and green leafy vegetables.

Zinc is necessary for sustaining all life and critical for all phases of growth. Zinc is found in pill form and also naturally occurs in oysters, beans, nuts, almonds, whole grains, pumpkin seeds and sunflower seeds.

Sodium 500 mg per day is required by the body to obtain a balanced amount. This mineral helps balance the electrolytes in the body that play such an important role. Sodium is found in table salt.

Iron is responsible for transporting oxygen around the body which includes the muscles. This allows for faster healing and will allow a much faster recovery. Iron is found in red meat, fish, poultry, lentils, beans, tofu, chickpeas, black-eyed peas, fortified bread and breakfast cereals. IMPORTANT, iron in meat is more easily absorbed than in vegetables

Potassium is an electrolyte that works with other minerals and sodium to regulate the body's water levels. Poor balance can ultimately lead to dehydration and weakness. Potassium is found in orange juice, potatoes, bananas, avocados, tomatoes, broccoli and apricots.