**NUTRITION PRIOR TO SURGERY:**

If you are using this app you will currently be on a surgical pathway. The aim of this app is to get you in the best physical condition to cope with the impact surgery will have on your body.

Good nutritional health is essential to your rehabilitation, and managing your diet prior to surgery will help with this.

Poor nutrition can lead to:

* Impaired immune response;
* Reduced muscle strength;
* Impaired wound healing;
* Impaired recovery from surgery, which may lead to a longer stay in hospital.

Our aim is to reduce these risks by giving you advice on your diet and what to eat.

The nursing staff at the hospital will assess your nutritional status so you know which pathway to follow.

**Dayne:**

I would like the patients to weigh themselves once a week. Can we include a weight input section and then convert it to a graph so that the patient can monitor their progress visually

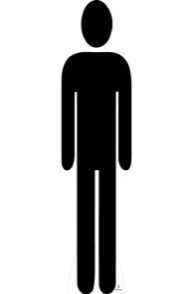
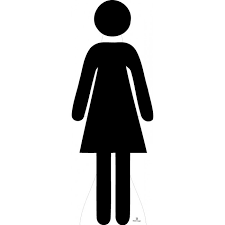
The aim of group A is to maintain their weight. They will not need text alerts telling them to increase their diet.

**NUTRITION ADVICE:**

Please aim to weigh yourself once a week and input weight into the app.

**Group A /MUST 0**

(Dayne please call these Group A. The MUST score is just for us to identify which group is which

** **

Aim for **2500 kCal** per day including drinks Aim for **2000 kCal** per day including drinks

Fruit and Vegetables:

Aim to eat five pieces of fruit and veg a day.

1 portion = 80g or is equivalent to an apple, or banana or 2 small plums.

Vegetables should make up at least 1/3 of your meal. They can be frozen, tinned or fresh.

Fruit can be stewed, fresh, frozen or tinned.

Rice, bread, potato, pasta & cereals:

Make them the basis for each meal.

Have lots of variety and include wholegrain wherever possible (eg. Granary or wholegrain bread, wholemeal or spinach pasta, brown rice.

Try jacket potatoes and only have chips or roast potatoes occasionally.

Meat, fish, eggs, beans & non-dairy sources of protein:

Have two small portions of these a day.

Have meat as lean as possible – trim all visible fat.

Try to include a portion of both oily and white fish per week.

Beans and pulses are low in fat, high in fibre.

Dairy Products:

Use moderate amounts from this group and aim to have low fat.

Try to have 2/3 pint per day.

1/3 pint milk = 1 pot of yoghurt = 1 matchbox size piece of cheese.

The following websites provide recipe ideas on how to achieve a balanced diet:-

[http://www.nhs.uk/Livewell/5ADAY/Documents/Downloads/Fuel\_for\_Living\_Recipe\_Booklet[1].pdf](http://www.nhs.uk/Livewell/5ADAY/Documents/Downloads/Fuel_for_Living_Recipe_Booklet%5b1%5d.pdf)



<http://www.macmillan.org.uk/information-and-support/coping/maintaining-a-healthy-lifestyle/recipes>

Dayne:

I have permission from both Macmillan and NHS choices to use their logo. Either we just include this as a link or is it possible if we can open the website off the app? If we want to look at opening the link off the app then I have permission from Macmillan to do this - I just need to clarify it with NHS choices

**Group B / MUST 1**

Please aim to weigh yourself once a week and input weight into the app.

With some illnesses or treatments you may experience a poor appetite.

In preparation for surgery it is important that you still eat and drink adequately to prevent weight loss and to assist in wound healing and fighting infection.

Foods high in calories and protein help to increase your energy intake without adding bulk to your diet. Having 3 small meals per day with regular snacks in between can help you achieve your dietary needs.

Aim to eat or drink something every 2-3 hours.

Try not to fill up on drinks before meals – eat first, drink later.

If you are feeling sick:

* Have small meals every 3 hours
* Avoid cooking smells, try cold foods and get plenty of fresh air.
* Try plain foods and avoid rich, spicy or greasy foods.

Below is a table showing how to increase the calories in your food:

|  |  |
| --- | --- |
| BREAKFAST  Use whole milk  Add dried fruit to your cereal.  Sprinkle extra sugar on top.  Add jam, honey or syrup to porridge.  Spread butter or full fat margarine on your toast when it is hot.  Spread Jam, marmalade, honey or peanut butter on your toast. | SANDWICHES  Add full fat mayonnaise or sald cream to fillings i.e. egg, tuna.  Spread butter / margarine thickly on to bread. |
| CASSEROLES/ SOUPS  Add lentils, beans or noodles to casseroles.  Add cream or powdered milk to soup.  Add grated cheese, cooked minced meats or flaked fish to soup.  A drink of soup, oxo or Bovril **does not** make a meal | MASHED POTATO  Add butter, full fat margarine or olive oil based spreads.  Mash hard-boiled egg with potato and add full fat butter.  Fry mashed potato with butter, full fat margarine or olive oil spread.  Add whole milk or cream to mash.  Add flaked fish / corned beef/ minced beef. |
| VEGETABLES  Aim to have 1-2 portions of veg a day.  Melt butter or full fat margarine on top.  Serve with a sauce i.e. cheese sauce.  Sprinkle on grated cheese or chopped egg. | Meat & Fish  Keep the skin and fat on meat if you wish.  Prepare in any way – roast, fried and slow cooked are all suitable.  Add sauces such as cheese sauce or parsley sauce. |
| PUDDINGS  Add calories to milk by adding 4 tablespoons of dried milk powder to each pint of fresh full fat milk (This is called fortified milk).  Add double cream, ice cream, fortified milk or evaporated milk to puddings, fruit or instant desserts.  Add syrup, honey or sugar to ice cream or other puddings. | NOURISHING DRINKS  Make coffee, hot chocolate, Horlicks, Ovaltine with full cream milk. Add a tablespoon of double cream.  Add ice cream to milkshakes such as Yazoo, Mars, Nesquick or homemade.  Add icer cream / crushed ice or blended fruit to Build Up or Complan (which you can buy from your chemist).  Cappucino, Latte, Mocha coffees or hot chocolates from coffee shops are high in calories. |

**Dayne**: If group B start to lose weight I would like a text alert with the following advice please.

**Nourishing Snacks:**

If you are losing weight or still struggling with your appetite try:-

|  |  |
| --- | --- |
| Slice of flapjack | Malt loaf |
| Crackers and cheese | Teacake with butter |
| Pot of thick and creamy yoghurt | Scone with butter and jam |
| Pot of trifle | Crumpet with butter |
| Individual cheesecake | Cereal bar |
| Jam tart | Handful of nuts |
| Chocolate bar | Packet of crisps |
| Mini pork pie |  |

NB: If you are struggling with swallowing food or food is sticking, please stick to the softer food.

**Group C/ Must 2**

Please aim to weigh yourself once a week and input weight into the app.

(Dayne: If they are losing weight can they have text alerts pointing them in the direction of nourishing drinks please or the list of supplements they can buy from the chemist?)

You have been referred to a dietician at your hospital – they will be in contact with you.

Until that time there are some important things you can do.

With some illnesses or treatments you may experience a poor appetite.

In preparation for surgery it is important that you still eat and drink adequately to prevent weight loss and to assist in wound healing and fighting infection.

Foods high in calories and protein help to increase your energy intake without adding bulk to your diet.

Below is a table showing soft foods and how to increase the calories in your meals:

|  |  |
| --- | --- |
| BREAKFAST  Readybrek® instant oats or porridge oats made with whole milk.  Weetabix® with milk  Scrambled, poached or soft boiled egg. You can add butter or extra milk to scrambled egg.  Yoghurts (thick & creamy, not low fat or diet)  Blended milkshakes or smoothies, using whole milk, yoghurt, fruit oats. | MAIN MEALS  Omelette, scrambled, poached or soft boiled eggs.  Minced meat such as beef, chicken or turkey in a creamy sauce or gravy, with mashed potatoes.  Slow cooked stews with well cooked meat or fish, root vegetables & potatoes  Skinless sausages cooked in a casserole sauce.  Corned beef hash  Soft poached fish in parsley/cheese/tomato sauces.  Macaroni cheese  Cauliflower cheese  Mashed potato with grated cheese, cottage cheese, cream cheese, tuna mayonnaise. Add extra milk, butter or margarine to soften the potato. |
| CASSEROLES/ SOUPS  Add lentils, beans or noodles to casseroles.  Add cream or powdered milk to soup.  Add grated cheese, cooked minced meats or flaked fish to soup.  A drink of soup, oxo or Bovril **does not** make a meal | MASHED POTATO  Add butter, full fat margarine or olive oil based spreads.  Mash hard-boiled egg with potato and add full fat butter.  Fry mashed potato with butter, full fat margarine or olive oil spread.  Add whole milk or cream to mash.  Add flaked fish / corned beef/ minced beef. |
| VEGETABLES  Aim to have 1-2 portions of veg a day.  Melt butter or full fat margarine on top.  Serve with a sauce i.e. cheese sauce.  Sprinkle on grated cheese or chopped egg. | Meat & Fish  Keep the skin and fat on meat if you wish.  Prepare in any way – roast, fried and slow cooked are all suitable.  Add sauces such as cheese sauce or parsley sauce. |
| PUDDINGS  Add calories to milk by adding 4 tablespoons of dried milk powder to each pint of fresh full fat milk (This is called fortified milk).  Add double cream, ice cream, fortified milk or evaporated milk to puddings, fruit or instant desserts.  Add syrup, honey or sugar to ice cream or other puddings.  Trifle  Egg custard  Mousse  Rice pudding  Panna cotta | NOURISHING DRINKS  Make coffee, hot chocolate, Horlicks, Ovaltine with full cream milk. Add a tablespoon of double cream.  Add ice cream to milkshakes such as Yazoo, Mars, Nesquick or homemade.  Add icer cream / crushed ice or blended fruit to Build Up or Complan (which you can buy from your chemist).  Cappucino, Latte, Mocha coffees or hot chocolates from coffee shops are high in calories. |

If you are having difficulty eating some solid foods you may need to follow a soft diet.

**Over the Counter Oral Nutritional Supplements**

There are a number of products you can buy which will help you to increase the amount of calories in your diet, until you can see or speak to your dietician.

The following products are available for you to buy at your chemist or at larger supermarkets.

* Meretine® powders (267kcals per sachet mixed with 200mls of full fat milk)
* Complan® powders (387kcals per sachet mixed with 200mls full fat milk)
* Complan® stir in (438kcals per 100g of powder)
* Meretine® soup: chicken, tomato, potato & leek, and vegetables flavours

(200kcals per sachet)

* Complan® soup: Chicken flavour (249kcals per sachet)
* Complan®smoothie: Tropical and berry flavours (279kcals per 250ml bottle)