



Why is diet important

in connection with surgery?

To ensure that you do not lose strength in connection with major surgery, it is important that your diet gives you extra protein and energy.

If you have lost weight in connection with surgery, you will have lost muscle tissue. It will be some time before you regain energy and return to normal.

You will need protein because proteins are the “bricks” you need to rebuild your body. Proteins help to rebuild muscles, promote healing, stimulate blood production and strengthen your immune defence system.

Different people require different amounts of protein. As a rule of thumb, we recommend 1 g of protein per kilogramme of body weight per day.

There is protein in

- Meat, fish and poultry
- Eggs
- Dairy products
- Cheese

As you will need extra protein after surgery, we recommend, as a supplement, that you also drink three glasses of protein-rich drink a day.

To make sure than you have an appetite at mealtimes, it is best to take a protein-rich drink as a snack between meals.



Protein-rich drinks also contain carbohydrates, which give your body the energy you need to train and heal wounds.

You may feel that you have a small appetite, nausea and possibly vomiting after surgery. These symptoms are usually due to painkillers. To reduce nausea, you can take anti-emetic medication or drink cola. It is important that you try to eat and drink even when you feel nauseous. It is also important that you drink 1½-2 litres of liquids a day.

You should continue to eat a protein- and energy-rich diet until you no longer feel fatigued and have returned to your normal weight.

Recipes for protein-rich drinks

Here you can find a number of recipes for protein-rich drinks you can make at home.

Protein-rich drink

½ glass of ylette/ymer (soured milk products)
 10-15 ml juice/cordial
 (Optional) 13% cream (or quark) to taste
 Top up with buttermilk
 Add 2 teaspoons of sugar to taste.



Chocolate drink

100 ml chocolate drink
 100 ml milk
 2 dessert spoons quark/skyr
 1 teaspoon instant coffee
 1-2 teaspoons sugar

Strawberry drink

100 g strawberries
 100 ml milk
 100 ml cream
 2 dessert spoons quark/skyr
 2 dessert spoons sugar

Beat ingredients well. Add sugar to taste. You can also add 1 dessert spoon of vanilla ice cream before serving. If you cannot or prefer not to make your own protein-rich drinks, you can buy ready-made protein-rich drinks in some supermarkets and pharmacies, e.g. Arla Protin.

Protein and energy-rich products

	Protein (g)	Energy (kJ)
Dairy products:		
200 ml whole milk	7	525
200 ml skimmed milk	7	300
200 ml cocoa	7	500
200 ml ymer	12	600
1 thick slice of cheese	5	280
100 g quark 1%	13	320
100 g skyr	11	256
100 g cottage cheese	12	438

Almonds, nuts:

1 handful of peanuts	8	780
1 handful of almonds	6	800
1 handful of hazelnuts	4	860
1 handful of walnuts	3	700

	Protein (g)	Energy (kJ)
Meat, fish and eggs:		
1 egg	6	320
100 g pork (lean)	22	450
100 g beef (lean)	22	555
100 g chicken	20	557
½ tin of mackerel	9	530
½ tin of tuna canned in water	18	375
Marinated herring with ½ slice of rye bread	4	320
1 slice cod roe	5	115



Aleris Hospitaler - West

Aalborg

Sofiendalsvej 97
DK - 9200 Aalborg SV
Tel. +45 3637 2750
aalborg@aleris.dk

Esbjerg

Bavnehøjvej 2
DK - 6700 Esbjerg
Tel. +45 3637 2700
esbjerg@aleris.dk

Aarhus

Brendstrupgårdsvej 21 A, 1. sal
DK - 8200 Aarhus N
Tel. +45 3637 2500
aarhus@aleris.dk

Herning

Poulsgade 8, 2. sal
DK - 7400 Herning
Tel. +45 3637 2600
herning@aleris.dk

Aleris Hospitaler - East

Copenhagen

Gyngemose Parkvej 66
DK - 2860 Søborg
Tel. +45 3817 0700
kobenhavn@aleris.dk

Ringsted

Haslevvej 13
DK - 4100 Ringsted
Tel. +45 5761 0914
ringsted@aleris.dk

www.aleris.dk

Customer service phone operating hours

	West	East
Monday - Thursday	8 am - 6 pm	8 am - 6 pm
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