Eat a Variety of Foods

Many different nutrients are required for good health. Therefore, a healthy diet is vital for the body to work at its best.

Each day, remember to choose foods from the five major food groups to assure variety and a nutritious diet.

- Fruits - 2 to 4 servings
- Vegetables - 3 to 5 servings
- Breads, cereals, rice and pasta - 6 to 11 servings
- Milk, yogurt and cheese - 2 to 3 servings
- Meat, poultry, fish, dry beans and peas, eggs and nuts - 2 to 3 servings

Adequate Calories

Calories are the basic energy your body uses to "work". When your body needs to heal, energy needs are greater. Try familiar foods in modified forms to aid your intake.

For example, fortify milk with nonfat instant dry milk then use this for cooking your favorite foods such as macaroni & cheese, puddings and custards, or mashed potatoes.

If increased calories are needed, try some of these simple suggestions:
- Add butter, margarine, or cheese to soups, mashed or baked potatoes, hot cereals, grits, rice, noodles, etc.
- Use granola in cookies, muffins, or bread batters.
- Spread peanut butter or cream cheese on bread, muffins, fruit slices, or crackers.

Protein, Protein, Protein...

Protein contains amino acids which are crucial to the development and maintenance of tissues such as muscle, bone, & skin. Protein comes from animal or plant foods. Plant proteins must be combined with one another in order to provide the same nutrition that animal proteins do in a single source.

Excellent combinations of plant proteins are:

- Grains & beans/legumes: Rice & black beans, or Pea soup & toast
- Grains & dairy: Pasta & cheese, or Rice pudding
- Legumes & seeds: Hummus dip, Falafel, or Soup

The most concentrated sources of protein come from:

- Meat
- Fish
- Poultry
- Eggs
- Milk
- Cheese
- Beans & Legumes

Vitamins

Vitamins have many essential roles. Generally, vitamins support normal body functions. Certain vitamins, such as vitamin A and vitamin C, have been proven to be beneficial to healing.

A daily multivitamin with minerals is usually considered safe; however check with your doctor before adding a daily multivitamin to your medication schedule.

**CAUTION:** Be sure to inform your physician and nurse if you are taking any vitamins. Certain vitamin supplements may interfere with medications and may cause adverse effects.

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>Vitamin C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg yolk</td>
<td>Papaya</td>
</tr>
<tr>
<td>Papaya</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Kiwi</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>Strawberries</td>
</tr>
</tbody>
</table>
Minerals

Minerals help regulate body functions and are part of body structures such as bones and muscles. Minerals such as zinc, copper and manganese have been shown to be beneficial to healing. A balanced, healthy diet should include foods rich in these minerals. Under some circumstances it may be necessary to take a supplement – this will be recommended by your physician or dietitian.

<table>
<thead>
<tr>
<th>Zinc</th>
<th>Copper</th>
<th>Manganese</th>
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</thead>
<tbody>
<tr>
<td>Shellfish</td>
<td>Shellfish</td>
<td>Beet greens</td>
</tr>
<tr>
<td>Wheat germ</td>
<td>Whole grains</td>
<td>Blueberries</td>
</tr>
<tr>
<td>Legumes</td>
<td>Cherries</td>
<td>Whole grains</td>
</tr>
<tr>
<td>Ground beef</td>
<td>Legumes</td>
<td>Nuts</td>
</tr>
<tr>
<td>Turkey, dark meat</td>
<td>Poultry</td>
<td>Legumes</td>
</tr>
<tr>
<td></td>
<td>Chocolate chips</td>
<td>Fruit</td>
</tr>
</tbody>
</table>

NOTE: Minerals have a delicate balance between their "peers"... too much of one can cause an imbalance in another! Therefore, consult with your physician or dietitian before taking any single mineral supplement.

CAUTION: Be sure to inform your physician and nurse if you are taking any minerals. Certain minerals may interfere with medications and may cause adverse effects.

Herbs & Nutraceuticals

Herbs: Herbs are medicinal plants, also called botanicals or phytomedicinals. These may include: Valerian root, Melatonin, St. John's wort, Kava-kava, Ginkgo biloba, Black cohosh, Dong quai, and Ginseng among many others.

Nutraceuticals: This is any substance that may be considered a food or part of a food and provides medical or health benefits, including the prevention and treatment of disease. Examples may be: oat bran to reduce heart disease and some types of cancer, soy for women’s health, and tomato products (high in lycopene) for men’s health.

CAUTION: Be sure to inform your physician and nurse if you are taking any herbs or nutraceuticals. Certain herbs and nutraceuticals may interfere with medications and may cause adverse effects.

Small Frequent Meals

Eating smaller, more frequent meals may be more palatable than three large meals. Some individuals are not able to eat a lot at one time – so plan snacks throughout the day. If traveling outside of your home, take a snack with you!

Examples of meal times may be:

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Breakfast</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>AM Snack</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>PM Snack</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Dinner</td>
</tr>
<tr>
<td>9:00 PM</td>
<td>Evening Snack</td>
</tr>
</tbody>
</table>

Snacks ideas may include:
- Whole grain crackers & milk or yogurt
- Crackers & cheese or peanut butter
- Cottage cheese & fruit
- Half sandwich
- Split pea or lentil soup

If You Have High Blood Sugars or Diabetes...

Always Follow Your Meal Plan!

Your meal plan is a crucial part of the healing process. By following your meal plan, your blood sugar will maintain more normal sugar levels and prevent further damage to your tissues.

It is important to:
- Eat regular meals at the same time every day.
- Watch your serving sizes.
- Avoid sugar and simple carbohydrates as your meal plan indicates.
- Avoid skipping meals.
- Achieve and maintain your desirable weight.
- Exercise as directed by your doctor.

For more information please contact your Registered Dietitian at:
Hoag Hospital Newport Beach (949) 764-8205  Hoag Hospital Irvine (949) 517-3050