

Eating for Recovery

Eating well can help you recover more quickly from an illness or injury. People who eat well before, during and after their hospital stay tend to do much better and sometimes can get out of the hospital sooner.



What should I eat to help me recover?

It's all about the balance and making sure you get the nutrients that are important for energy and for healing.

Carbohydrates: for fuel

Aim for 1-2 serves at each meal. 1 serve is equal to:

30-40g
breakfast cereal



1 slice
of bread



½ cup
cooked pasta



½ cup
cooked rice



Protein: for tissue building and repair

Aim for 1-2 serves at each meal. 1 serve is equal to:

100g raw meat,
chicken or fish



2 eggs



150g cooked
legumes or beans



1 cup milk
or yoghurt



Good Fats: for energy to help healing

Aim for 1 serve at each meal. 1 serve is equal to:

½ avocado



30-40g nuts

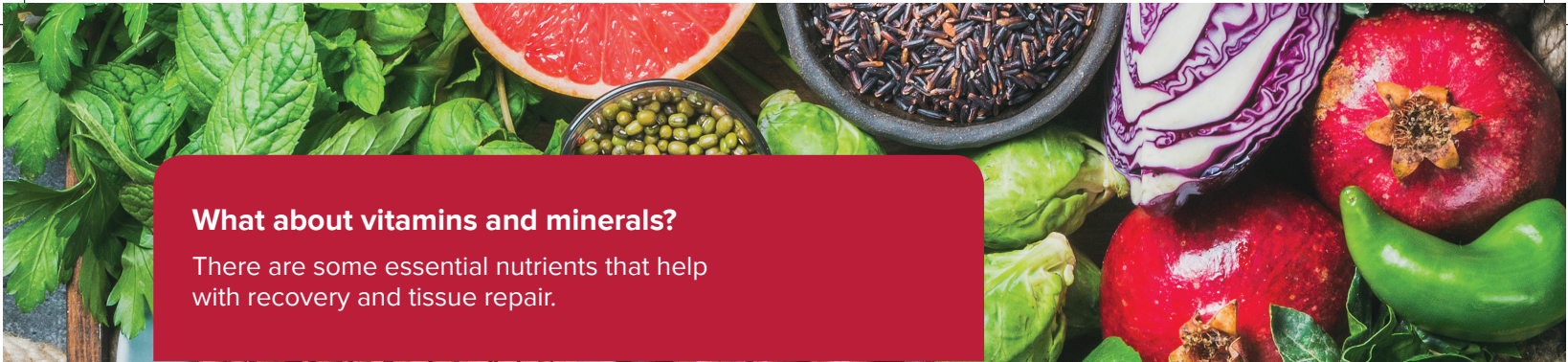


1 tsp olive oil



100g oily fish





What about vitamins and minerals?

There are some essential nutrients that help with recovery and tissue repair.

Vitamin A for wound healing and a healthy immune system

Dairy foods



Liver



Eggs



Carrots



Vitamin C for boosting immunity to reduce infection

Oranges



Tomatoes



Berries



Capsicum



Iron for supporting the immune system and moving oxygen to the tissues

Red meat



Breakfast cereal



Seafood



Beans and legumes



Zinc for wound healing and immune support

Red meat and chicken



Beans and legumes



Nuts



Oysters



What should I do if I don't feel like eating?

Snack on dry breakfast cereal because it is well tolerated and fortified with vitamins and minerals.

Sip on cold fruit juice just to keep your hydration and sugar levels up.

Eat well at the times of day when you feel like eating.

Eat small quantities often.

Try cold foods that don't have a strong odour, such as sandwiches, fruit, yoghurt and custard.



Remember:

If you have any concerns about your weight loss or if you continue to lose weight, see an accredited practising dietitian or your general practitioner.

Health professional notes

These resources are not meant to replace dietary advice provided by your doctor or dietitian. Please consult with your doctor or dietitian before making changes to your diet or physical activity routine.