



STARTING  
THE 4<sup>TH</sup> WEEK  
AFTER SURGERY

# AFTER RECONNECTION NUTRITION PATIENT BOOKLET

# Impact of nutrition

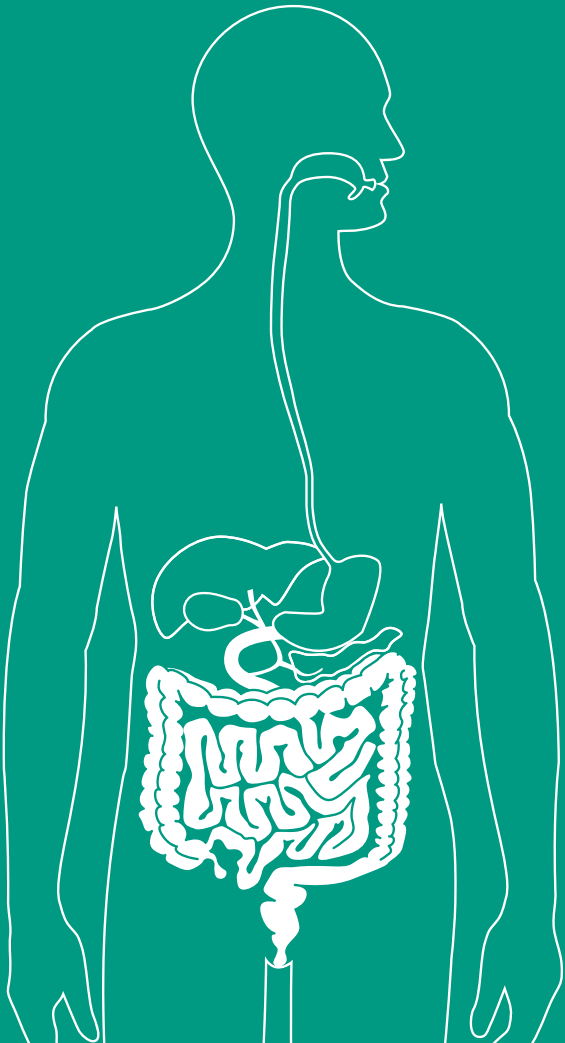
The digestive tube is the organ that absorbs **food, vitamins, minerals and water**.

Following **reconnection** it is possible that absorption may be reduced.

Moreover certain categories of foods or drinks irritate the digestive tract and may cause **bloating or diarrhea**.

The only foods that keep an optimal capacity to be absorbed are **starches**

They are also our key energy source



# AN APPROPRIATE NUTRITIONAL SURVEILLANCE

## FOOD ALLOWED 👍



### Starches

- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina

### Proteins

- Fish
- Meat
- Eggs
- Ham



### Vegetables

- Low-fiber vegetables are preferred

### Sauces

- May brighten up your meals

Notes :

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## FOOD TO BE AVOIDED

### Some starches

- Corn
- Whole wheat bread
- Whole wheat cereals
- Excess of pulses (chickpeas, lentils, peas, beans)



### Irritating foods and drinks

- Milk and dairy products (yoghurt, cottage cheese)
- Excess of raw fruits and vegetables
- Tea and herbal teas
- Sparkling water and sodas

### Some sauces

- Avoid spicy or cream based sauces

Notes :

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# OVERVIEW OF A BALANCED DIET

Starting the 4<sup>th</sup> week after surgery

## BREAKFAST

Drink + bread with +/- butter +/- jam or honey



## LUNCH

Starches (minimum half a plate) + protein + cheese or fruit



Notes:

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## DINNER

Starches (minimum half a plate) + vegetables + cheese or fruit



**+/- SNACK** morning and/or afternoon

Bread with... (butter, jam, chocolate or cheese)



Notes:

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