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# Nutrition After Discharge

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## Good Nutrition Can Support Your Recovery

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### Registered Dietitians are here to help!

Dietitians have been following you during your hospital stay and will help you to prepare for discharge.

The goal is to improve your nutrition, manage health problems, and speed your recovery.

It is recommended that you also follow up with a Dietitian after discharge from the hospital.

Following your hospital stay, your body may need extra protein, calories, and other nutrients to help you recover and get back to enjoying your life.

Good nutrition can help you:

- prevent infections
- heal faster
- feel stronger



Keck Medicine of **USC**

**Clinical Nutrition**

# Good Nutrition After Discharge

## TIPS



### Have food ready

- Prepare and freeze extra servings of favorite foods.
- Have easy, convenient meals and snacks on hand.
- Ask for help from family or friends if shopping or food preparation is difficult at this time.
- Carry single-serving packages of snacks, such as dried fruits, nuts, peanut butter and crackers, or granola bars.

### Other ideas

- Keep this sheet on your fridge for helpful reminders.
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### Eat even though you may not feel hungry

- Eat five or six small meals during the day.
- Eat a bigger meal earlier in the day.
- Eat nutrient-rich foods, like yogurt, cheese, and nuts.
- Try high calorie liquids like milkshakes and smoothies.

### Consider nutrition supplements

- Talk to your healthcare team if a multivitamin and/or oral nutrition supplements may be right for you.
- Examples of supplements include Boost®, Ensure®, Orgain®, among others. Your Dietitian can help you decide which is right for you. Look for supplements high in calories and protein.

### Monitoring and follow up

- Follow any diet instructions given to you by your healthcare team on discharge.
- Discuss your nutrition concerns with your healthcare team.
- Contact your healthcare team if you lose weight after discharge from the hospital.
- Meet with an Outpatient Dietitian for further support. Ask your provider for a referral and call 323-442-5100 to schedule an appointment.