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
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.

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.

Other ideas

☐ Keep this sheet on your fridge for helpful reminders.

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Clinical Nutrition