

# START STRONG TO STAY STRONG™

IMPROVE YOUR RECOVERY BY MAKING  
NUTRITION A PRIORITY BEFORE  
AND AFTER SURGERY



# SURGERY CAN TAKE A LOT OUT OF YOU

## EAT WELL AND STAY ACTIVE BEFORE AND AFTER YOUR SURGERY



### GET A HEAD START FOR A QUICKER RECOVERY

People who don't get enough nutrients before and after surgery can lose muscle, take longer to heal, and develop infections and other complications.<sup>1-3</sup>



### EAT MORE PROTEIN-RICH FOODS

Increasing the amount of high-quality protein you eat before and after surgery can help:<sup>1</sup>

- Prepare and protect your muscles
- Give you the strength and energy you need for a quicker recovery

**Remember that your body needs more nutrients, so it is important to eat even if you are not hungry.<sup>1</sup>**



### BENEFITS OF EATING WELL

That is why it is important to eat well before and after surgery. Doing so can help you to:<sup>1,4</sup>

- Heal and recover faster
- Leave the hospital sooner
- Reduce the likelihood of experiencing complications after surgery
- Keep up your strength and energy



### STAY ACTIVE

Consider an exercise program recommended by your doctor or a certified exercise specialist<sup>†</sup> to help maintain your muscles and strength before and after surgery.<sup>1</sup>

## Plan ahead for a smooth return to everyday life

Get help with preparing meals, and stock your home with healthy foods and non-perishable groceries, including oral nutritional supplements that contain high-quality protein.

# GET THE STRENGTH AND ENERGY YOU NEED TO KEEP DOING WHAT YOU LOVE

In a U.S. survey, people consuming 1 to 2 bottles of Ensure® daily felt more strength and energy in just 2 weeks.\*§

## YOUR NUTRITION RECOMMENDATION

For patients with...

Poor appetite

 **Ensure® Enlive®**  
Protein to support strong muscles

**20g** of protein    **350** calories

Lower energy needs

 **Ensure® High Protein**  
Protein to support strong muscles

**12g** of protein    **225** calories

 **Ensure® Plus Calories**  
To help gain or maintain a healthy weight

**14g** of protein    **355** calories

Diabetes

 **Glucerna®**

**11.3g** of protein    **225** calories

DRINK \_\_\_\_\_ SERVING(S) EVERY DAY

Visit [ensureclub.ca](http://ensureclub.ca) to join the Ensure® Club



Questions?  
Call Ensure® Consumer Care  
at 1-844-377-7233

\* The Canadian formulation is similar to the one used in the survey.  
§ From a survey of 321 independent-living adults aged 50–80 years who self-reported a lack of energy or appetite and added 1–2 bottles of Ensure® daily to their regular diet. Participants self-reported improvements in strength, energy, and activity.