“I know what I eat affects my health, so how do I ensure I’m meeting all my nutritional needs?”

Improve your nutrition. Improve your life.
HEALING AT HOME

It’s time to return home from the hospital, and nutrition is more important now than ever. The body has higher nutritional needs while healing from sickness, injury, or surgery. Yet during this time, it can be difficult to eat like you normally would, and sometimes nutrients aren’t absorbed properly. These nutrients, however, are still needed to recover, build your strength and energy, and return to a normal life.
THE RISKS ARE CLEAR

Malnutrition occurs when nutrient intake doesn’t meet nutrient needs. Malnutrition can have a direct impact on the body’s ability to heal and increase chances of hospital readmission. In fact, malnutrition is a strong predictor of readmission. Additionally, losing lean body mass from an illness can delay functional rehabilitation. Now that you are out of the hospital, you want to do everything you can to fully recover at home.
ENSIURING YOU GET THE RIGHT NUTRITION

Normally, enough nutrients like protein, carbohydrates, vitamins, and minerals come from the food you eat and beverages you drink. But during recovery, more may be needed. Answering “yes” to any of the questions below means you may not be getting the nutrition you need, and this can slow your recovery.

1. Have you been sick or injured recently?  
2. Have you lost your appetite?  
3. Have you lost weight without trying?

So what can you do? You or the person you care for may benefit from adopting a diet supplemented with enriched nutrition drinks. This will help give your body the balance of calories, protein, carbohydrates, vitamins, and minerals you need to recover and live life to the fullest.

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ENRICHED NUTRITIONAL DRINKS FOR AN ENHANCED DIET

Nutrition drinks are often recommended during recovery from illness, injury, or surgery. They can help you or the person you care for feel confident that the right steps are being taken to help heal, maintain, and enhance the body’s health.

Abbott Nutrition is dedicated to the science of nutrition and the highest quality products. Nutrition drinks are easy to consume, convenient, and delicious. Talk to your pharmacist or healthcare provider about how a nutrition drink might fit into your diet or your loved one’s.

OPTIMIZING YOUR RECOVERY

Taking control of your health and life is empowering, and the right nutrition can help. Here are some tips to nutrition during recovery:

- Proactively work with your healthcare professional to develop a nutrition plan that’s right for you.
- Schedule follow-up appointments with your healthcare professional to monitor recovery and nutrition levels, and to adjust your nutrition plan if necessary.
- Eat frequent, high-calorie/high-protein meals including ONS.
- If you are experiencing a loss of appetite or are having difficulty eating, tell your healthcare professional, and sip enriched nutrition drinks throughout the day.
- Taste all the flavors of a nutrition drink to find your favorite.
- Try enriched nutrition drinks in simple recipes.
- Keep a daily food diary.

At home, you are in charge, so make sure you’re giving your body what it needs today and for the future.
Developed with a global advisory board of respected physicians and nutrition experts, feedM.E. is a nutrition awareness, education, and call-to-action program designed to highlight the value of good nutrition and optimize health across the continuum of care from hospital to home.

**A BETTER LIFE THROUGH BETTER NUTRITION**

When you or someone you care for is recovering from illness, injury, or surgery, eating right and paying attention to nutrition can make the difference for a speedy, full recovery. The research is clear, nutrition and enriched nutrition drinks positively affect health and quality of life.6-11 By being aware and taking action, you can help ensure a healthy recovery… and take charge of the future.