

**Pre & Post Surgical Diet: Total Joint Replacement  
PATIENT/FAMILY INFORMATION SHEET**

**What are my nutritional needs before and after total joint surgery?**

Before and after total joint surgery, it is important to eat a well balanced diet that includes calcium and iron rich foods to help build red blood cells and to build and strengthen your bones.

**What is a well-balanced diet?**

A well balanced diet is rich in whole grains, fresh fruits and vegetables, lean meats and low fat dairy products. This includes the following:

<b>Food Group</b>	<b>Recommended Amount*</b>	<b>Special Considerations</b>
Vegetables	2 ½ cups each day	Eat more dark-green vegetables, such as broccoli, spinach and other dark leafy greens. Eat more orange vegetables, such as carrots and sweet potatoes. Eat more dry beans and peas, such as pinto beans, kidney beans, lentils.
Fruits	2 cups each day	Eat a variety of fruit. Choose fresh, frozen, canned or dried fruit. Limit fruit juices.
Grains	6 ounces each day	At least half of your grain servings should be fiber-rich, such as whole grain cereals, breads, crackers, brown rice. 1 ounce is about 1 slice of bread, about 1 cup flakes cereal, about 1/32 cup cooked rice, noodles, pasta.
Milk	3 cups each day	Choose low fat or fat free milk, yogurt or other dairy products. If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.
Lean protein & beans	5 ½ ounces each day	Choose low fat or lean meats, poultry, fish and beans. Prepare choices by baking, broiling or grilling. Choose fish, beans, peas, nuts and seeds more often.

\* Provides about 2000 calories.

**Why is calcium important before and after total joint surgery?**

Calcium is an important mineral for building new bone and for maintaining existing bone strength. Calcium is also used for other important functions such as muscle contraction and blood clotting. The recommended daily allowance (RDA) of calcium for adults is 1000-1200 mg per day. The best way to get an adequate amount of calcium is to eat a variety of foods that are naturally rich in calcium. Listed below are some calcium rich foods and the amount of calcium per serving.

<i>Calcium Rich Food</i>	<i>Calcium Content (mg/average serving)</i>	<i>Serving Size</i>
Yogurt (nonfat)	452	1 cup
Yogurt (low fat)	415	1 cup
Cheese, Swiss	408	1 ounce
Cheese, Cheddar	306	1 ounce
Milk, Skim	302	1 cup
Milk, 1%	300	1 cup
Calcium Fortified Orange Juice	300	1 cup
Milk, 2%	297	1 cup
Milk, Whole	291	1 cup
Broccoli (cooked; without salt)	89	1 cup
Tofu with Calcium	434	1 cup
Sardines	321	3 ounces

### **Why are iron and vitamin C important before and after total joint surgery?**

Iron is an important mineral for building red blood cells and preventing iron deficiency anemia. The recommended daily allowance (RDA) of iron is 8-18 mg per day. Adequate iron intake helps the body to heal more quickly and promotes the energy and strength needed to participate in rehabilitation. The iron found in meat, fish and poultry is absorbed most efficiently by the body. Eating foods high in Vitamin C along with iron rich foods improves the absorption of iron by the body. The recommended daily allowance (RDA) of Vitamin C is 75-90 mg per day. Listed below are some iron rich and vitamin C rich foods and the amount of these nutrients per serving.

<i>Iron Rich Food</i>	<i>Iron Content (mg/average Serving)</i>	<i>Serving Size</i>	<i>Vitamin C Rich Food</i>	<i>Vitamin C Content (mg/average Serving)</i>	<i>Serving Size</i>
Beef	7.68	3 ounces	Orange	70	1 whole
Spinach (cooked)	6.42	1 cup	Strawberries	95	1 cup
Lima Beans	1.8	½ cup	Cantaloupe	60	¼ melon
Dried Peaches	3	½ cup	Kiwi	75	1 whole
Navy Beans	3	½ cup	Guava	165	1 whole
Soy Beans	4.9	½ cup	Broccoli	60	½ cup
Peas (dry split)	3.40	½ cup	Brussels sprouts	50	½ cup
Prune Juice	3.02	1 cup	Tomatoes	15	½ cup
Baked Potato	2.75	1 medium	Spinach	14	½ cup
Raisins	2.59	1 ounce	Kale	120	½ cup
Poultry (dark)	1.50	3 ounces	Green Peppers	65	½ cup
Egg	1.04	1	Cabbage (raw)	50	½ cup

*For more Patient Fact Sheets, see the Patient Education area of the Greenwich Hospital web site at [www.greenhosp.org](http://www.greenhosp.org) and click on Patients & Visitors , then Patient Education Rev. 7/04, 5/05*