



Proteins are essential macronutrients and are considered the building blocks of life. Protein is especially critical after orthopedic surgery. Adequate protein intake is essential for tissue repair, wound healing, and prevention of pressure injuries. Meeting your protein requirements post-surgery will help accelerate the recovery process.

HOW MUCH PROTEIN DO I NEED?

Post orthopedic surgery, your protein requirements will be significantly higher than normal for healing. Additionally, your body will require more protein in the rehabilitation phase to rebuild strength during physical therapy. Talk to your registered dietitian about what your protein needs are.

Aim to include a protein source with each meal and snack. Try to consume around 25-35 grams of protein at each meal, and additional protein with snacks when possible. For reference, a 3-ounce chicken breast offers about 24 grams of protein.

A protein supplement may be beneficial during the healing period. There are ready-to-drink protein drinks and powders for mixing available on the market.

ANIMAL PROTEIN SOURCES

- 3 oz chicken breast; 24 grams
- 3 oz salmon filet; 20 grams
- 1 cup ground beef; 21 grams
- 1 cup ground turkey; 27 grams
- 2 eggs; 12 grams
- ¼ cup cheddar cheese; 8 grams
- 1 cup yogurt; 17 grams
- 1 cup of milk; 8 grams

PLANT PROTEIN SOURCES

- 1 cup of chickpeas; 39 grams
- 1 cup black beans; 15 grams
- 1 cup tofu; 20 grams
- 1 cup tempeh; 31 grams
- 1 cup edamame; 17 grams