

Why is Diabetes Management Important for Orthopedic Injuries & Surgery?

Proper diabetes management is essential for optimal healing after orthopedic injuries and surgeries. Uncontrolled blood sugar levels can affect circulation which can slow down wound healing, increase the risk of infections, and weaken bone health, leading to complications in recovery. A well-balanced diet that supports stable blood sugar levels can enhance healing, reduce inflammation, and improve surgical outcomes.



KEY NUTRIENTS FOR BLOOD SUGAR CONTROL & HEALING

1. Fiber-Rich Foods

Fiber slows down digestion, regulates blood sugar, and supports gut health, which is crucial for reducing inflammation and promoting healing. Aim for 25-30g of fiber per day from sources such as:

- **Whole grains** (oats, quinoa, brown rice, whole wheat bread)
- **Legumes** (lentils, black beans, chickpeas)
- **Vegetables** (broccoli, spinach, carrots, bell peppers)
- **Fruits** (berries, apples, pears, oranges)
- **Nuts & Seeds** (chia seeds, flaxseeds, almonds)

2. Lean Protein Sources

Protein is essential for tissue repair, muscle maintenance, and bone strength. Adequate protein intake helps post-surgical recovery and fracture healing. Include:

- **Skinless poultry** (chicken, turkey)
- **Fish** (salmon, cod, tuna)
- **Lean beef or pork**
- **Eggs**
- **Low-fat dairy** (Greek yogurt, cottage cheese)
- **Plant-based proteins** (tofu, tempeh, beans, lentils)

3. Healthy Fats

Healthy fats support immune function, reduce inflammation, and aid in recovery. Choose:

- **Avocados**
- **Olive oil**
- **Nuts** (almonds, walnuts, pistachios)
- **Seeds** (chia seeds, flaxseeds, pumpkin seeds)
- **Fatty fish** (salmon, sardines, mackerel)

4. Smart Carbohydrates

Choosing the right carbohydrates helps prevent blood sugar spikes and supports sustained energy for healing. Opt for:

- **Whole grains** (brown rice, quinoa, whole wheat bread/pasta)
- **Starchy vegetables** (sweet potatoes, squash, peas)
- **Legumes** (lentils, black beans, chickpeas)
- **Fruits** (in moderation, paired with protein or healthy fats)

FOODS TO LIMIT OR AVOID

Certain foods can cause blood sugar fluctuations and may interfere with the healing process:

- **Refined carbohydrates** (white bread, white pasta, pastries)
- **Sugary beverages** (soda, fruit juices, energy drinks)
- **Processed snacks** (chips, candy, cookies)
- **Fried foods and trans fats**
- **High-sugar desserts** (cakes, donuts, ice cream)

SMART FOOD COMBOS FOR BLOOD SUGAR BALANCE

Pairing the right foods can help keep blood sugar levels steady and prevent spikes and crashes. Try these balanced food combinations to support blood sugar regulation:

- **Protein + Fiber + Healthy Fats** This trio slows digestion and prevents rapid blood sugar spikes. Example: Grilled chicken with quinoa and roasted vegetables drizzled with olive oil.
- **Carbs + Protein** Pairing carbohydrates with protein helps slow glucose absorption. Example: Whole-grain toast with almond butter or an apple with a handful of nuts.
- **High-Fiber Carbs + Healthy Fats** Fiber-rich carbs prevent quick sugar release, and fats provide lasting energy. Example: Oatmeal with chia seeds and a spoonful of peanut butter.
- **Non-Starchy Veggies + Lean Protein** Vegetables add fiber and volume, while protein promotes satiety. Example: A spinach salad with grilled salmon and a light vinaigrette.

EXAMPLE BALANCED MEAL PLAN FOR HEALING & BLOOD SUGAR CONTROL

A one-day menu for better recovery and diabetes management:

Breakfast Scrambled eggs with spinach, whole-grain toast, and avocado

Lunch Grilled salmon with quinoa, roasted vegetables, and olive oil

Snack Greek yogurt with chia seeds and mixed berries

Dinner Baked chicken with lentils, sautéed kale, and roasted sweet potatoes

Evening Snack Handful of almonds and a slice of cheese

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