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NUTRITION FOR POST-OPERATIVE RECOVERY

Fast track your healing

A well-balanced nutritional eating plan can support your body and help speed up recovery. Following a healthy eating plan can help by reducing inflammation, promoting healing and boosting immunity.

Specifically, a high alkaline, low acid nutritional plan will help the body recover quicker and will have a positive impact on sleep, energy levels and weight management.



FOODS TO INCLUDE	FOODS TO AVOID
<ul style="list-style-type: none">• Green vegetables – all varieties• Plant-based milks, butters and yoghurts (eg. coconut yoghurt)• Salmon and other oily fish such as fresh sardine and mackerel• Avocados• Trim meat such as chicken breast• Bone broth soups• Green smoothies• Grains such as brown rice, buckwheat• Legumes such as Lentils and butter beans• Nuts• Fresh fruit• Fermented foods• More water	<ul style="list-style-type: none">• Fatty meats• Processed foods• Sugar• Soft drinks• Alcohol• GMO Foods• Large amounts of dairy• Yeast• Processed breads• Artificial sweeteners• Caffeine

A typical day of eating for healing

Morning

Hot water with half a squeezed lemon

Chia porridge – soak quarter cup of chia seeds for 10 minutes in water, then add half a cup of quinoa flakes. Add a cup of plant-based milk then microwave for 2 minutes. Stir in a dollop of local honey, pinch of cinnamon and top with fresh fruit.

Morning snack

Handful of nut mix including tamari roasted almonds, sunflower seeds, pumpkin seeds and organic sultanas
Cup of green tea

Lunch

Vege wraps

Buckwheat or other whole-wheat wrap with lettuce, goats cheese, grated carrot, alfalfa or bean sprouts, avocado and beetroot. Combine ingredients on the wrap, then roll to a tight cylinder and enjoy!

Afternoon snack

Green smoothie – blend celery, banana, avocado, coconut yoghurt, kale, purified water and a spoon of coconut yoghurt



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Dinner

Butterbean mash – rinse a tin of butter beans, then heat in a little olive oil on the stove. Mash once warmed and add a pinch of paprika

Steamed salmon

Steamed broccoli, kale and green beans

Bone broth chicken soup recipe

Bone broth has been found to nourish the body and aid healing by reducing inflammation in the body. Full of minerals, the process of making bone broth extracts the goodness from the bones of the chicken, infusing the soup with flavour and nutrients.

Ingredients:

- Ginger
- One green onion
- Carrot
- 2 x potatoes
- One whole chicken
- Himalayan salt

Fill a large pot with ingredients then cover with water until the chicken is submerged. Bring to the boil then reduce to a simmer for 2 – 2.5 hours (depending on the size of the chicken). Using a fork, remove the meat from the chicken (this should peel away easily if it has simmered long enough), then remove and discard the carcass.

You can choose to eat the soup as a chunky soup or blend till smooth.