

YOUR NUTRITION RECOMMENDATION TO GET YOU BACK ON YOUR FEET

DRINK SERVING(S) TIME(S) PER DAY.

☐ Morning
 ☐ Afternoon
 ☐ Night
☐ With medication*
 ☐ Other:

<input type="radio"/>  NEW NAME Ensure[®] Advance[†] 20 g of protein 350 Calories	<input type="radio"/>  Ensure[®] Plus Calories 13 g of protein 350 Calories	<input type="radio"/>  Ensure[®] Regular 9 g of protein 240 Calories
<input type="radio"/>  Ensure[®] Compact 9 g of protein 218 Calories	<input type="radio"/>  Ensure[®] High Protein 12 g 12 g of protein 225 Calories	<input type="radio"/>  Glucerna[®] 11 g of protein 5.6 g of fibre 225 Calories For people with diabetes
<input type="radio"/>  Ensure[®] Protein Max 30 g[‡] 30 g of protein 150 Calories	<input type="radio"/>  Ensure[®] High Protein 16 g 16 g of protein 160 Calories	

This will give you an extra _____ grams of protein and _____ Calories.

HMB: β -hydroxy- β -methylbutyrate.

* Speak to your pharmacist or health care professional about drug-nutrient interactions.

[†] New Name: Formerly Ensure[®] Protein Max 20 g.

[‡] One serving of Ensure[®] Protein Max 30 g provides $\geq 50\%$ of Health Canada's recommended daily value for niacin, vitamin C and vitamin D. As stated on the product label, a maximum of one serving per day is indicated for this product.

Visit www.abbottnutrition.ca
for full product information.



life. to the fullest.®

Abbott

© Abbott Laboratories Co.
ENS/1295A08 - November 2023

Start strong to stay strong

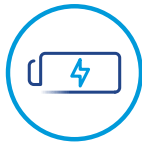
Enhance your recovery by making
nutrition a priority before
and after surgery



life. to the fullest.®

Abbott

SURGERY CAN TAKE A LOT OUT OF YOU EAT WELL AND STAY ACTIVE BEFORE AND AFTER YOUR SURGERY



GET A HEAD START FOR A QUICKER RECOVERY

- People waiting for surgery often have higher protein and calorie needs than usual, and those needs are also higher during recovery.^{1,5,6}
- When protein and calorie needs are not met, recovery can take longer and there is a higher risk of complications, like infection, after surgery.¹⁻³



EAT WELL

Meet your nutrition needs before and after surgery to help you get back on your feet! Getting enough protein and calories will help you:¹⁻⁴

- Heal and recover faster
- Leave the hospital sooner
- Reduce your risk of complications after surgery
- Keep up your strength and energy



STAY ACTIVE

- Exercise to help maintain your muscles and strength before and after surgery.^{1,6,7}
- Your doctor or certified exercise specialist, like a physiotherapist or kinesiologist, can recommend a program that suits you.



DRINK HIGH-ENERGY, HIGH-PROTEIN DRINKS

along with your meals and snacks, before and after surgery to:^{5,7}

- Prepare and protect your muscles and body tissues
- Give you the strength and energy you need for a faster recovery

Ensure® Advance[†] helps fill the gaps.⁶

Did you know?

Studies show that after surgery, patients rarely meet their energy and protein needs from regular food.^{5,8}

Remember that your body needs more nutrients, so it is important to eat even if your appetite is lower than usual.

YOUR PROTEIN GOAL FOR THE DAY IS _____



CHICKEN, FISH, MEAT
75 g (2 ½ oz)



BEANS AND LENTILS
125 mL (½ cup)



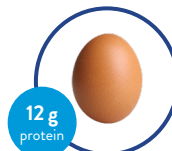
MILK
250 mL (1 cup)



ENSURE® ADVANCE[†]
235 mL (1 bottle)



PEANUT BUTTER
30 mL (2 tbsp)



EGGS
2 large



GREEK YOGURT
100 g



CHEESE
75 g (2 ½ oz)



NUTS
60 mL (¼ cup)

START STRONG TO STAY STRONG

BEFORE	LEADING UP TO SURGERY	AFTER
<p>HIGH-PROTEIN diet</p>  <p>2-3 BOTTLES of high-energy, high-protein drinks per day for at least 7 days^{5,7}</p>	<p>Depending on your surgery, you may be required to follow a clear liquid diet to stay hydrated.</p>  <p>Follow your health care provider specific directions.</p>	<p>HIGH-PROTEIN diet</p>  <p>2-3 BOTTLES of high-energy, high-protein drinks per day for at least 7 days^{5,7}</p>

References: 1. Weinmann A, et al. *Clin Nutr.* 2017;36(3):623-650. 2. Demling RH. *Eplasty.* 2009;9:65-94. 3. Allard JP, et al. *JPEN J Parenter Enteral Nutr.* 2016;40(4):487-497. 4. Fearon KC, et al. *Proc Nutr Soc.* 2003;62:807-811. 5. Wischmeyer PE, et al. *Anesth Analg.* 2018;126(6):1883-1895. 6. Gustafson UO, et al. *World J of Surg.* 2019;43(3):659-695. 7. Enhanced Recovery Canada, 2019 Clinical Pathways for Colorectal Surgery.

† New Name: Formerly Ensure® Protein Max 20 g.