Heal Better Feel Better

Fuel your body for better healing.

DID YOU KNOW?

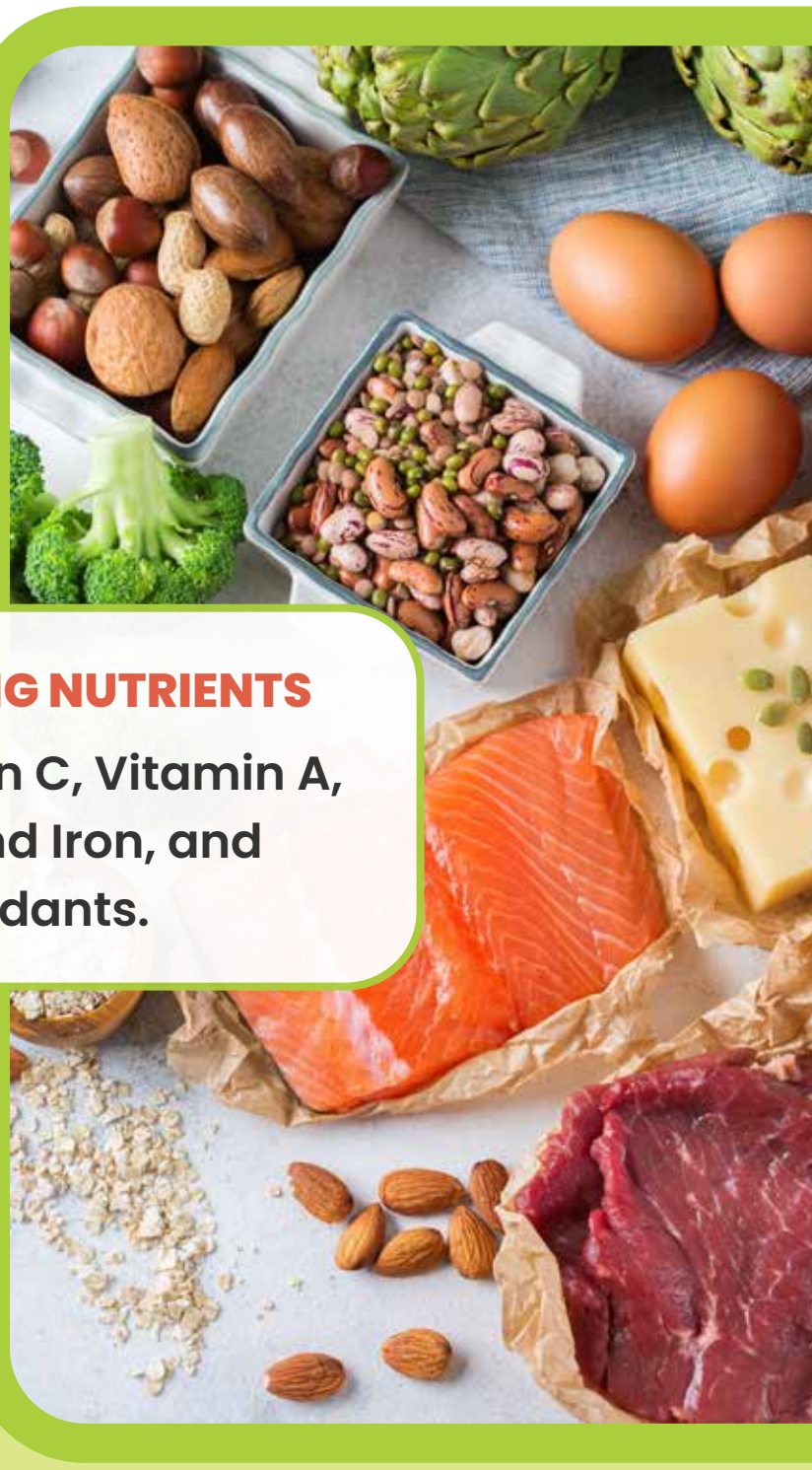
An apple a day really does have its benefits!

Support your healing with every bite.

Nutrition

YOUR NUTRITION GOALS FOR RECOVERY

- **Support** tissue repair and wound healing
- **Boost** immune function to fight infection
- **Prevent** muscle loss
- **Control** blood sugar levels



HEALING NUTRIENTS

Vitamin C, Vitamin A, Zinc and Iron, and Antioxidants.

HOW TO PUT THESE GOALS INTO ACTION

To fuel your recovery:

- Eat at least 50 g of protein per day
- Prioritize foods rich in vitamins and minerals
- Drink at least 8 cups of water per day
- Avoid highly processed and sugary meals

Healing looks different for everybody.

Talk with your care team about what's safe and can help you heal stronger after surgery.

Find more tips and tools at **www.heal-better.org.**

MSQC
MICHIGAN SURGICAL QUALITY COLLABORATIVE

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