



# TAVR Nutrition Therapy

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## How should I eat before and after my TAVR procedure?

**1 – Eat well.** You'll need your strength to heal quickly from surgery, and that means getting enough to eat every day. If your appetite isn't very good, consider eating small meals or snacks 5 or more times per day instead of the usual 3.

**2 – Eat foods with protein at every meal.** Eating enough protein helps you to heal quickly from surgery, maintain your muscle mass, and support your immune system.

**3 – Limit sodium in your diet.** Keeping your daily sodium intake below 3000mg helps to reduce blood pressure and prevent excess fluid retention.

Read on for more specific advice in each of these areas:

### **1 - EAT WELL**

Eating 3 meals and 2 snacks per day is a good idea to make sure you are getting enough to eat. If your appetite isn't very large, eating several small meals and snacks can be easier than the more typical 2 or 3 large meals per day.

You may also find that it helps to get extra nutrition between meals from liquid supplements that won't make you feel too full. Try any of these products to get extra calories and protein:

- Boost Plus, Boost Compact, or Boost High Protein
- Ensure Plus or Ensure Muscle Health
- Wal-Mart Equate Nutritional Shake Plus
- CVS Plus Nutritional Liquid Shake
- Walgreens Complete Nutritional Shake Plus Protein
- Rite Aid Nutrition Shake
- Carnation Instant Breakfast (\*caution with lactose intolerance, this product contains milk powder and should be mixed with milk)



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## **2 – EAT FOODS WITH PROTEIN AT EVERY MEAL**

The right amount of protein for you depends on your size, activity level, and health conditions, so it's best to **ask your doctor or dietitian for advice about exactly how much protein you need.**

A good rule of thumb for most people is to eat 15 – 20 grams of protein at each meal, and 5 – 10 grams at each snack.

Many plant and animal-derived foods are good sources of protein – see chart below for ideas. Note that most nutrition shakes listed on the prior page contain about 13g protein per serving.

<b><u>Plant Proteins</u></b>	<b>Serving Size</b>	<b>Grams of Protein</b>
Beans or lentils	1/2 cup	7-10
Hummus	1/4 cup	4-5
Nuts	1/4 cup	5-7
Peanut butter	2 tbsp	8
Pumpkin seeds	1 oz	9
Soybeans, boiled or roasted (edamame)	1/2 cup	11
Soy milk	1 cup	8
Sunflower seeds	1/4 cup	6
Tofu	1/2 cup	10

<b><u>Animal Proteins</u></b>	<b>Serving Size</b>	<b>Grams of Protein</b>
Beef, lean	3 oz*	22-25
Cheese	1 oz/1 slice	7
Chicken breast, boneless/skinless	3 oz*	24-27
Cottage cheese, lowfat	1/2 cup	15
Egg, whole	1	7
Egg, white only	1	3
Egg substitute	1/4 cup	7
Ice cream	1/2 cup	3
Milk	1 cup (8 oz)	8
Milk, dry powder	1/3 cup	8
Pork, lean	3 oz*	22
Salmon	3 oz*	23
Tuna	3 oz*	20
Turkey, lean	3 oz*	24
Yogurt, lowfat	8 oz	10

\*3 cooked ounces of meat, poultry, or fish is about the size of a deck of cards



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## **3 – LIMIT SODIUM TO LESS THAN 3000mg PER DAY:**

Your body works to keep sodium and water in balance with each other. That's why eating a lot of sodium can cause your body to hold on to excess water. This raises blood pressure, and can make your heart and kidneys work harder. Eating less than 3000 mg of sodium per day can help to prevent or reduce high blood pressure and protect your heart.



### **How can I limit sodium in my diet?**

- Use small amounts of salt when cooking.
- Avoid adding salt to your food at the table.
- Add other delicious flavors to your food with fresh or dried herbs, salt-free seasonings, lemon, chili pepper, vinegar, curry powder, dried or fresh fruits, or your favorites.
- Rinse canned foods to reduce sodium.
- Read nutrition labels, and try to avoid foods containing more than 400 mg sodium per serving.
- Try to avoid heavily processed and convenience foods that have a lot of added sodium, such as chips, cured meats or cold cuts, salted nuts or pretzels, and most frozen meals – choose fresh foods instead.