

# Eating Healthy at Home

In the hospital your healthcare team gave your body the care it needed to begin the healing process.

At home, you need to feed your body the nutrients it needs to continue to heal.

You may find that you need to make some changes to your diet in order to get all the vitamins and nutrients needed to heal quickly.

Your hospital staff can suggest foods that are both healthy and appetizing. Your Discharge Plan should address any specific dietary changes or needs based on your overall health at discharge.

As you recover, many of the medications you take may require you to take them with food. If so, make sure you plan your meals or healthy snacks accordingly.

And don't forget to eat breakfast. A healthy breakfast can give you the energy you need for your recovery.

If you were in the hospital for a chronic health problem, like heart disease, your Discharge Plan may list some diet restrictions that you need to begin to follow.

You may need to begin a low-sodium diet. Perhaps you are required to cut back on cholesterol and fats. You may need to practice portion control to lose weight. Or, if you have high blood sugar, it may be recommended that you choose healthy carbohydrates.

Whatever changes you need to make, begin to make them as soon as you get home. Gradually continue to make healthy changes to reach your long-term nutrition goals.

Use the help of your family and healthcare team to make these changes. If someone else buys the groceries or prepares your meals, make sure they are aware of your diet restrictions and nutrition goals.

If you have questions about changes you can make to your diet, meeting with a dietitian can help. A dietitian can give you many menu suggestions to help you change your health for the better.

Following the details of your Discharge plan is the best way to continue a healthy recovery. The nutritious foods recommended are good for both your short term recovery and overall health in the future.