

# WHAT MAKES A TRANSPLANT SUCCESSFUL?

## POST-TRANSPLANT NUTRITION

It is very important to have good nutrition after your transplant. It will help you recover from your operation and help you keep a healthy transplant. Right after your transplant you will need extra nutrition to replace the weight you may have lost while you were ill. Long-term, you will need a healthy diet to maintain your weight and keep you from gaining excess pounds.

There are many long-term problems with nutrition of which you need to be aware, including the following:

- Gaining too much weight
- High blood pressure
- High blood cholesterol and triglyceride levels
- Diabetes
- Bone loss

### ***Common sense guidelines:***

1. *Limit your servings at each meal;* don't eat too much.
2. *Stay away from excess fat.* Fats are higher in calories than either protein or carbohydrates. Use low-fat margarine, mayonnaise, and salad dressings
3. *Stay away from excess sweets.* A good substitute is fruit.
4. Choose *low-fat snacks* such as vegetables, fruit, nonfat yogurt, unsalted pretzels, unbuttered popcorn, or a bagel.
5. *Be active.* Exercise after a transplant is very important. It speeds your recovery and helps you keep your weight down. Start slowly. Walking is a great and safe form of exercise.
6. *Control your weight.*
7. *Control your salt intake.*