

NOEL A. After surgery, every patient is quite different. There aren't specific foods that will make every patient sick, but **EMMANUELLI:** there are certain patients that may have issues with certain types of food. So it's not across the board that everyone will have an issue with a certain type of food. But there may be certain issues with different types of foods amongst different types of patients. So there's nothing that is a no, but it's a lot of trial and error afterwards to see what sits well with them and what doesn't.

We do try to get them to eat as healthy as they possibly can. After surgery, protein is going to be key. It's going to be a key component to every meal. It's what gives patients the best sensation of fullness and satisfaction. And patients have to remember that after surgery, they tend to lose weight globally. So they don't just lose their fat mass. They lose their muscle mass as well, so in an effort to maintain as much muscle mass as we can, we always focus on proteins.

But then there's a good mix of all the other food groups. So we try to get in the vegetables. We try to get in the fruits, and we try to get in some complex carbohydrates in there as well. We got to remember that after surgery it's about quality of food not quantity of food, so we want to make sure that what they're putting into their body, they're going to get the best out of.