



Nutrition and Wound Healing

Good nutrition is important, for maintaining healthy skin and healing wounds of all types (pressure sores, post-surgery wounds or injury).

TIPS:

- Your body needs calories, protein, the vitamins A and C, and the mineral zinc to help with the healing process
- If you are a good eater, and choose a healthy diet consisting of a wide variety of foods based on Canada's Food Guide you can easily get enough of the nutrients you need
- If you have other medical conditions such as diabetes or kidney disease it is important that you speak with your Dietitian regarding the best food choices for you.
- Consider trying 6 or more small meals/snacks per day to meet your intake needs
- Choose a protein food at each meal or snack (see following table)
- Drink adequate fluids and select fluids that are good sources of nutrients/protein such as milk, milkshake, fruit smoothies with yogurt, or nutritional supplements.
- If you are diabetic, monitor your blood sugars often; if they are not in the target range seek help from your family doctor, dietitian or diabetes education centre to achieve better control as higher sugars can make it harder for your wound to heal.
- Include in your diet key nutrients helpful in wound healing (see following table)
- Consider a multi-vitamin with minerals, if you do not get the recommended balance of foods each day

Nutrients Assisting With Wound Healing

Nutrient	Servings per day	Common Food Sources
Protein	At least 2-3 servings per day of 2-3 oz. each	Meats- beef, chicken, eggs, fish, pork, turkey, veal Legumes- dried peas, beans, soybeans, tofu Dairy products- cheeses Nuts, nut butters, seeds
Vitamin A	At least one serving per day (½ cup for fruits, juices or cooked vegetables and 1 cup for raw or leafy vegetables is a serving)	Beta-carotene rich foods Fruits- apricots, cantaloupe, mango, papaya, peaches, pink grapefruit, red plums Vegetables- (orange coloured)- carrots, winter squash, pumpkin, sweet potatoes Dark green leafy- broccoli, collard greens, kale, spinach Other sources: cheese, milk, liver, fish
Vitamin C	At least one serving per day (½ cup for fruit/fruit juices or cooked vegetables and 1 cup for raw or leafy vegetables is a serving)	Fruits- citrus fruits/juices, cantaloupe, guava, mango, papaya, strawberries vegetables- broccoli, collard greens, peas, red/green peppers, tomatoes
Zinc	Include daily	beans, chicken, eggs, fish, liver, some seafood (crab, lobster), tofu, whole grain products, fortified grains, wheat germ

DIETITIAN: _____

PHONE NUMBER: _____

Sample Menu Plan for Wound Healing

Breakfast

Small glass of orange juice
1-1 1/2 cup of cereal with 1/2 cup milk
1-2 slices of whole wheat toast with margarine
1 egg

Am Snack

Large glass of yogurt/fruit smoothie (including strawberries, yogurt and milk)

Lunch

1 cup/bowl of cream soup (made with milk)
1 sandwich (2 slices whole wheat bread, 2 oz. tuna/mayo)
3-4 red/green pepper rings
1/2 cup of cantaloupe, cubed

Pm Snack

1-2 oz. cheddar cheese
4-6 whole wheat crackers
1 cup of milk

Supper

3 oz. chicken breast
1 medium sweet potato
1/2 cup broccoli
1/2 cup sliced peaches

Evening Snack

1 slice of whole wheat toast
1-2 tbsp. peanut butter
1 cup of milk