

Vitamins: C, A, and Zinc are important to help new cells and tissue grow.

Good sources of C include: oranges, strawberries, cantaloupe, broccoli, peppers.



Good sources of A include: sweet potatoes, carrots, squash, liver, broccoli, spinach, milk.

Good sources of zinc include: fish, beef, pork, dark poultry meat, liver, cashews, pecans, eggs, milk, yogurt.

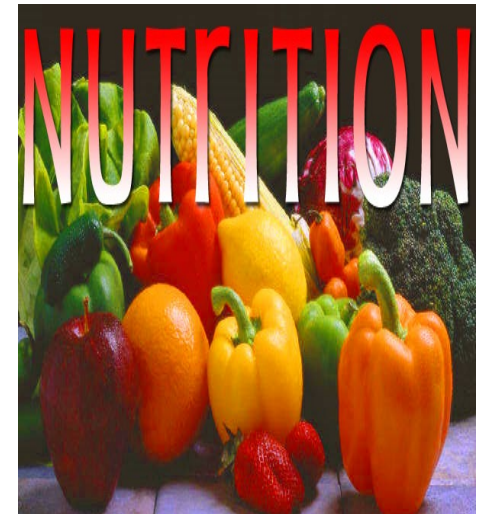
Supplementation*: If you are not eating well consider using a prepared liquid oral nutritional supplement or multivitamin.

*Newer research suggests that Arginine and Glutamine (amino-acids) play a vital role in enhancing wound healing by promoting blood flow and supporting tissue building. Your body usually makes adequate amounts of these but supplementation may be recommended.

Consider talking to your wound care doctor about diet and supplementation or making an appointment with a registered dietician if you have a reduced appetite, are losing weight or your wound is not healing well.

Nutrition and Wound Healing

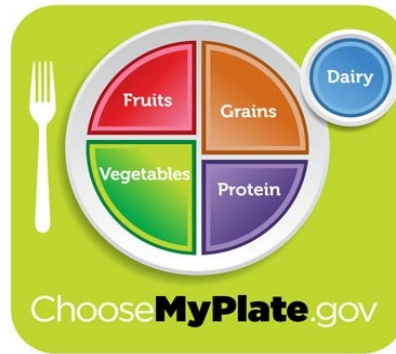
Good nutrition is essential for proper wound healing



Good nutrition is necessary for wound healing and can prevent infection and other complications.



The body requires increased calories, protein, vitamins and minerals during the wound healing process. Low intake of nutrients slows the healing process.



Choose a variety of foods to get all the calories, protein, vitamins and minerals you need. The above MyPlate image provides an example of the portions you should eat from each food group every day. Remember to select from all food groups daily: vegetables, grains, protein, fruits and dairy.

Protein: Essential to build cells and tissue. Include foods high in protein with every meal and snack. Foods high in protein include meat and fish, eggs and dairy products, beans and nuts.



Fluids: Your body needs extra fluid when healing. Aim for at least 6-8 cups of fluids and limit intake of alcohol and caffeine.