



Healthy Eating for Wound Healing

Healing a wound puts extra demands on your body. You need more calories, protein, and vitamins to give your body the fuel it needs to heal your wound. What you eat can impact how fast your wound heals. Eating enough of the right foods can speed up the healing process and eating the wrong foods can slow it down.

You should plan healthy, balanced meals and snacks that include protein, fruits, vegetables, dairy and grains.

PROTEIN*

Protein helps to repair your tissue and skin, and that will help to close your wound. You should eat 4-5 servings a day. If your appetite is poor or you simply cannot eat the required amount of protein servings, consider adding a protein supplement to your diet. There are many commercially prepared nutritional supplements available to buy at your local grocery store or via online such as Ensure®, Boost®, Juven®, Arginaid®, DiabetiSHIELD®, or even Nestle® Carnation® Instant Breakfast mix. Always check with your Woundtech clinician and/or health care provider before adding a protein supplement to your diet.

Some good proteins to incorporate into your diet are:

- Lean Beef
- Fish
- Chicken or pork
- Eggs
- Beans
- Milk
- Cheese
- Greek Yogurt

*TIP: Eat the protein portion of your meals first in case you become full.

CARBOHYDRATES

Carbohydrates give your body the energy that it needs to repair itself. You should eat 4-5 servings a day.

- Green vegetables
- Whole grain breads
- Potatoes
- Lentils
- Peas
- Fruits

FOODS HIGH IN VITAMIN A, VITAMIN C and ZINC:

These kinds of foods help to boost your immune system and support wound healing.

- Citrus fruits and juices (orange, grapefruit)
- Strawberries
- Cantaloupe
- Tomatoes
- Peppers
- Carrots
- Spinach
- Broccoli
- Cauliflower
- Green Beans
- Seafood
- Nuts and seeds
- Water

You should be drinking a lot of water and trying to drink eight cups a day. Getting enough water helps your body use the energy you have given it from eating healthy foods. It also promotes healthy skin. Water is best, but milk, soup, tea, coffee, and natural juices are other healthy options. If you notice that you have dry skin, cracked lips, dark urine or constipation these may be signs that you are not drinking enough water. Avoid sweetened beverages such as soda.

DIABETICS

If you are diabetic, it is very important that you control your blood sugar. Do not forget to test regularly and to keep a record of your blood sugar results, so that you can share them with your clinician. Controlling your blood sugar is key to wound healing and making sure that you avoid infection.