

Diet Guidelines To Help Wound Healing

Good Nutrition To Help Wound Healing

Good nutrition is important for your wound to heal. Eating well-balanced meals will help you to heal more quickly and feel your best.

Eat Lots of Protein

Try to eat protein every time you eat. Protein helps repair and build muscle.

Protein is found in many foods including meat, dairy, eggs, soy, nuts and beans.

Snack ideas include:

- hard boiled eggs
- yogurt
- cottage cheese
- milk
- string cheese
- cheese and crackers
- peanut butter and crackers
- nuts.

You may add protein powder to pudding, soups, shakes and mashed potatoes for extra protein.

When to Take a Multivitamin

If you eat a variety of foods that include two to three servings of fruits and three to four servings of vegetables a day, you may not need to take a multivitamin.

If you are not eating the right amounts of fruits and vegetables every day, a multivitamin may help. Talk with your health care provider before you start taking a multivitamin, herbs or natural supplements.

Tips if You are Not Eating Enough or if You Do Not Have an Appetite

- Eat five to six meals a day. Eat protein with each meal.
- Drink milk or a high-protein nutritional supplement. Examples are: Boost[®], Ensure[®], Carnation[®] Instant Breakfast[®].
- Choose nutrient-rich foods over low-calorie foods. For example, choose a cream soup over a broth-based soup, whole milk over skim milk, cheesy vegetables over plain vegetables or pasta over a salad.
- Do not drink liquids 30 minutes before eating a meal.
- Do not drink liquids during a meal.

Ways to Add Calories to Foods

- Add butter or margarine to foods like potatoes, breads, rice, noodles, cooked cereals and cooked vegetables.
 - One teaspoon equals 45 calories.
- Add half-and-half to mashed potatoes, soups, gravies, cereals, shakes and coffee.
 - One-half cup equals 162 calories and 4 grams of protein.

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- Add cheese to sandwiches, burgers, hot dishes, eggs, vegetables, soups and pastas.
 - One ounce equals 75 calories and 7 grams of protein.
- Add sugar, syrup and jelly to breads, cereals, puddings and fruit.
- Add peanut butter to breads, crackers, apples and waffles.
 - One tablespoon equals 86 calories and 4 grams of protein.

Special Note if You Have Diabetes

If you have diabetes, your blood glucose must be controlled well. Please follow your regular diet and take your medicines as directed.