

Nutrition for Wound Healing

Adequate nutrition is important for healing wounds. Wounds can include pressure ulcers (bedsores), wounds after surgery or from trauma, and wounds or ulcers because of diabetes. Without adequate nutrition, wounds may take longer to heal.

Healthy eating for wound healing

Eat a wide variety of foods from each of the five food groups. Each food group provides a range of vitamins and minerals that play a role in the wound healing process.

The five food groups include:

- Breads, cereals, rice, pasta and noodles (including wholegrain or wholemeal varieties where possible)
- Vegetables
- Fruit
- Dairy products (e.g. milk, cheese, yoghurt) or dairy alternatives (e.g. soy)
- Lean meat, fish, poultry, eggs, nuts, legumes, tofu and other plant based proteins

Hydration

Ensuring you consume enough fluid every day is important for wound healing. Good hydration can benefit the skin's healing process. Aim to drink at least 1.5L of fluid per day, unless you are advised otherwise.

High protein, high energy eating for wound healing

As well as choosing a wide variety of foods, you may need extra protein and energy in your diet to help your wounds heal.

- Protein is needed to grow new healthy tissue in your body.
- You may need to consume extra protein to replace the old tissue damaged by your wound or ulcer.
- Eating protein foods at each meal is a helpful way to increase protein intake. Protein foods can also be included as a snack between meals.
- The amount of energy your body needs for wound repair can also increase.
- You are at risk of becoming malnourished if you do not eat enough protein.

Examples of high protein and high energy foods

High protein foods	High energy foods
<ul style="list-style-type: none"> • Red meat (e.g. beef), poultry (e.g. chicken), fish or plant based protein (e.g. tofu, falafel) • Eggs • Dairy foods: milk, milk alternatives, cheese, yoghurt, custard • Nuts and seeds • Beans (chickpeas, cannellini, lentils, black, kidney, baked) • High protein drinks or nutritional supplements e.g. Sustagen, Ensure, Up & Go Protein Energize, Resource 2.0 	<ul style="list-style-type: none"> • Butter, cream, margarine, oil, avocado • Sour cream, mayonnaise, creamy salad dressing • Chocolate, lollies, ice-cream, sweet biscuits, desserts • Sugar, honey, jam, dried fruit • Soft drinks, cordial, juice

Tips for high protein and energy eating for wound healing

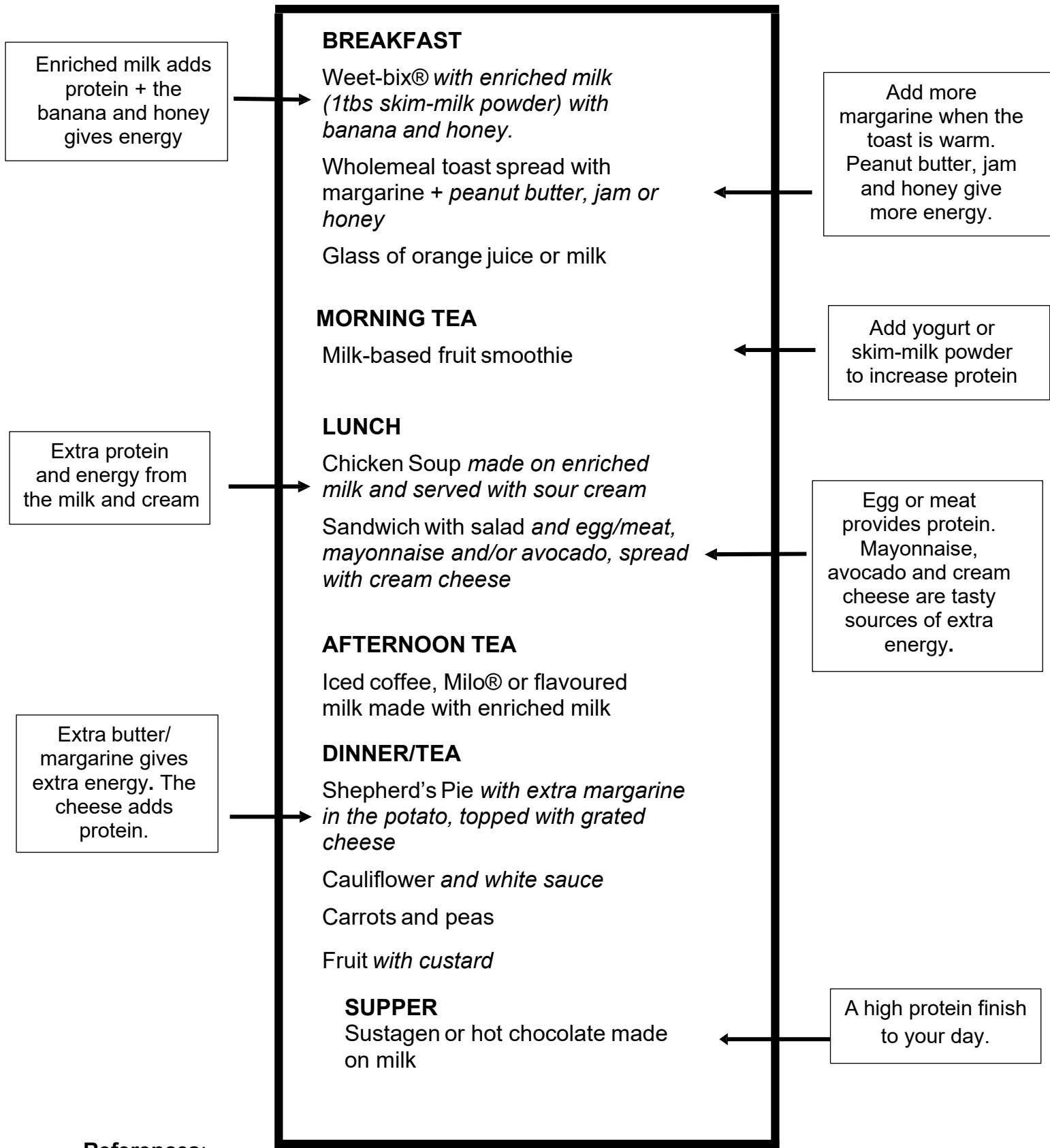
- Aim for 6 smaller meals rather than 3 big meals a day, which may be easier to manage.
- Keep your favourite foods in the cupboard or fridge.
- Mix high energy/high protein foods into other foods (e.g. add cream to mashed potato, cheese on vegetables, avocado or cream cheese to sandwiches).
- Keep ready-to-eat meals and snacks handy for times when you do not feel like preparing food (e.g. tinned soups, frozen meals, yoghurt, nuts, cheese, biscuits and dips).
- Drink nourishing fluids that provide energy such as milk or juice instead of tea, coffee or water.

Vitamins and Minerals

- Vitamins and minerals play an essential role in wound healing.
- You can eat adequate vitamins by consuming a variety of foods from the 5 food groups as part of a healthy diet.
- Multivitamin and mineral supplements may be useful if you are struggling to consume enough food or enough variety. ***Ask your doctor or Dietitian before commencing a vitamin and mineral supplement or if you would like further information.***

For further information, contact your dietitian or nutritionist _____

SAMPLE HIGH PROTEIN AND ENERGY MEAL PLAN



References:

European Pressure Ulcer Advisory Panel, National Pressure Injury Advisory Panel and Pan Pacific Pressure Injury Alliance. Prevention and Treatment of Pressure Ulcers/Injuries: Clinical Practice Guideline. The International Guideline. Emily Haesler (Ed.). EPUAP/NPIAP/PPPIA: 2019.

