

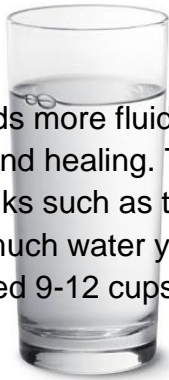
Eating Well for Wound Healing

How does good nutrition help wound healing?

Eating well during wound healing helps you heal faster and fight infection. During your healing your body needs more protein, fluid, vitamin A, vitamin C and Zinc. The **BEST** source of these nutrients is food.

Fluid

Your body needs more fluid to keep your skin healthy for wound healing. Try to decrease caffeinated drinks such as tea and coffee and increase how much water you drink in a day. Most adults need 9-12 cups of fluid each day.



Vitamins and minerals

Vitamin A

Found in animal foods and some brightly coloured vegetables and fruit:

- Carrots
- Cheese
- Leafy greens
- Liver
- Mango
- Apricot



Vitamin C

Bright orange, red and green veg and fruits contain Vit C:



- Broccoli
- Citrus fruits
- Kiwi
- Potato with skin
- Strawberries

Protein

Protein helps you build and maintain muscle, heal tissue and help towards a healthy immune system. Try to eat protein foods at each meal and snack.

Try these protein foods:



- Cheese
- Eggs
- Meat, poultry or fish
- Milk
- Yogurt

Zinc

Mostly found in animal foods:

- Eggs
- Fish
- Liver
- Meat
- Nuts and Seeds
- Poultry
- Whole Grain Foods



Diabetes and Wound Healing

Good blood sugar control is very important during wound healing. It helps you heal faster and reduces the risk of wound infection.