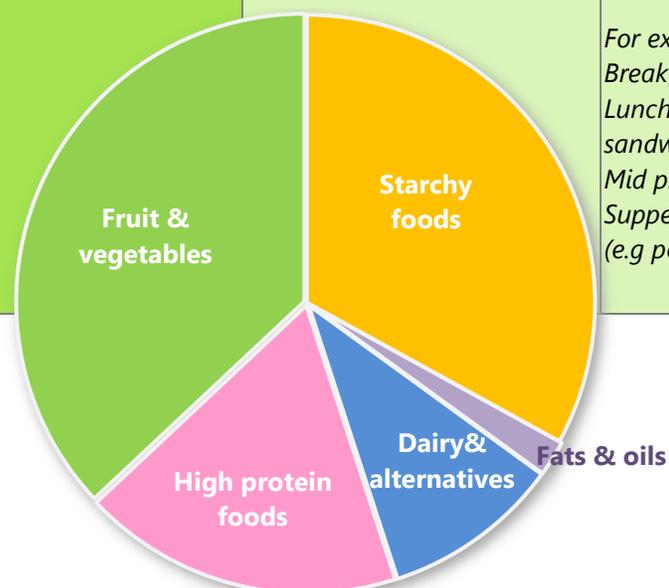


Healthy eating for healthy healing

Good nutrition is very important to help any wounds to heal, whether you have pressure wounds, leg ulcers or wounds from an operation. In fact, a lack of fluids or certain nutrients can slow down the healing process. This information is to help you follow the best nutrition for the quickest healing.

If you are underweight, struggling to eat or have a poor appetite, ask your health professional for other diet sheets more suitable.

Food groups and key nutrients	Examples	Quantity	Why are these foods important?
Starchy Foods Energy B vitamins (wholegrains)	Bread, bagels, baguettes, toast, chapatti, pasta, rice, noodles, couscous, semolina, sago... Cereals (barley, millet, rye, buckwheat...) Breakfast cereals, oats Plantain, potatoes and potato products, sweet potatoes	At every meal (i.e. 3 times a day minimum) 1 portion = 'clenched fist' size Choose wholegrain / unprocessed as much as possible as these have more B vitamins	Healing uses up a lot of energy, mostly to repair the damaged tissue and make new skin B vitamins are essential to enable the body to use energy from food
Fruit and Vegetables Vitamin C Vitamin A Fluids	All fresh fruit and vegetables Pure fruit juice (i.e. NOT juice style drinks or squash) Dried fruit and vegetables (apricots, raisins, mushrooms...) Tinned or frozen fruit and vegetables (grapefruit, peaches, sweetcorn, peas...)	At every meal and snacks if taken 1 portion = 1 large handful (not dried or juice) Aim for <u>at least</u> 5 handfuls/portions a day (1 to 3 with each meal, and/or 1 for snacks if taken) <i>For example:</i> <i>Breakfast: 1tbs dried fruit</i> <i>Lunch: ½ tomato in sandwich + 1 raw carrot</i> <i>Mid pm snack: 1 apple</i> <i>Supper: 120g/5oz of veg (e.g peas + broccoli)</i>	Vitamin C plays an important role in making skin tissue, as well as new blood vessels Adequate vitamin C levels help strengthen the healing wound Vitamin C has antioxidant properties that help the immune system fight infections Vitamin C increases the absorption of iron (see below) A lack of Vitamin C therefore means your wound is slow to heal and is more likely to become infected Vitamin A boosts the making of skin tissue Low vitamin A levels can result in delayed wound healing and susceptibility to infection



A healthy diet is a balanced diet:
 This picture shows you each food group and what part they should play in your diet.

Healthy eating for healthy healing continued...

Food groups and key nutrients	Examples	Quantity	Why are these foods important?
<p>High protein foods: Meat, Fish and alternatives</p> <p>Protein</p> <p>Zinc</p> <p>Iron</p> <p>Vitamin A</p>	<p>Meat, offal, poultry, game</p> <p>Eggs</p> <p>Fish, shellfish, sea food including frozen and tinned</p> <p>Beans and pulses (lentils, chickpeas, kidney beans, baked beans...)</p> <p>Nuts and seeds (peanut, peanut butter, tahini, sunflower seeds, almonds, ground almonds, brazil nuts...)</p> <p><i>Nuts make a good high protein/high energy snack</i></p> <p>Tofu, Quorn, soya</p>	<p>3 portions each day:</p> <p>1 portion = 'palm size':</p> <ul style="list-style-type: none"> • 3oz (90g) of red meat/offal/oily fish/poultry • 5oz (140g) white fish/shellfish • 2 slices cold meat • 2 eggs • 5oz (140g) beans/pulses • 1oz (30g) nuts/seeds • 4oz (110g) soya/tofu/Quorn 	<p>Protein is essential for the maintenance and repair of body tissue. Low protein levels will cause a decrease in skin formation, slowing the wound healing process</p> <p>Iron helps provide oxygen to the site of the wound</p> <p>Low iron can also decrease skin formation and strength of the wound</p> <p>Vitamin C (found in fruit and vegetables) is needed to help absorb non-meat sources of iron</p> <p>Zinc plays a key role in protein and skin formation, and in tissue growth and healing</p>
<p>Dairy Products</p> <p>Protein</p> <p>B vitamins</p>	<p>Milk</p> <p>All types of cheese (hard, soft, cream)</p> <p>Yoghurt, fromage frais, cottage cheese</p>	<p>3 portions each day</p> <p>1 portion =</p> <ul style="list-style-type: none"> • 1/3 pint (200mls) milk • 1oz cheese • 1 small yoghurt 	<p>See above for protein and B vitamins</p> <p>Full fat dairy products are a good source of energy</p>
<p>Fats and Oils: Essential fats, energy</p>	<p>Oils, butter, margarine</p>	<p>Use when cooking or add before eating. Reduce amount if overweight</p>	<p>Oils, especially olive and rapeseed oils are good sources of essential fats and some vitamins (E and A)</p>
<p>Fluids</p> <p>Choose decaffeinated versions if possible</p>	<p>Water / flavoured water</p> <p>Milk / milky drinks</p> <p>Tea / herbal teas</p> <p>Coffee</p> <p>Soups</p> <p>Fruit Juice (watch the amount if you are diabetic)</p>	<p>Try to have 6-8 glasses/day (about 1.5 litres) unless you have been advised otherwise for health reasons</p> <p>Have more if it is a hot day, have a temperature or if you are losing fluids from your wound</p>	<p>Dehydration can reduce healing ability since water is a major component of healthy skin.</p> <p>A large wound may lose a lot of fluid that need to be replaced</p>
<p>Processed foods (Foods high in salt and/or sugar)</p>	<p>Sugar, honey, syrup, sweets, fizzy pop</p> <p>Shop bought cakes, biscuits, chocolate...</p> <p>Crisps, savoury snacks, patés, salamis, sauces</p>	<p>These foods are not needed for a balanced diet but can be enjoyed in moderation as long as nutritious foods are consumed as above</p> <p>Sugar gives mostly 'empty' calories, and salt can affect your fluid balance so eat sparingly, and not in replacement of the foods mentioned above</p>	

If you are losing weight, or if your appetite decreases, contact the health professional who gave you this sheet.
 If you are diabetic, ensure your blood sugars are well monitored and your medications adjusted accordingly.