



Wound Healing Nutrition Guidelines

Proper nutrition is crucial to wound healing. Altered intake of nutrients stunts the healing process. Eat small nutritious meals frequently throughout the day to increase your calorie intake. Track your weight during the post-surgical process to ensure that you are not losing weight.

Calories Calories provide the energy for wound healing. Choose a variety of nutritious foods.

Protein Protein is the building blocks for cell and tissue recovery. At least 2-3 serving a day. Make sure you include foods that are high in protein with every meal or snack. High Protein foods include:

Poultry	Eggs/egg substitute	Yogurt	Dried peas, beans, and lentils
Beef	Milk	Greek Yogurt	Nuts
Fish	Soy Milk	Nut Butters	Tofu/soy beans
Pork	Cheese/cottage cheese		

Fluid Fluid is important to hydrate cell function and recovery. Your body needs extra fluids during the healing process. You should consume at least 6 to 8 cups of water, milk, juice, or other fluids daily. Limit intake of alcohol or caffeinated beverages.

Vitamin C Vitamin C helps build and restore tissue. At least 1 serving per day. Good sources of vitamin C include:

Oranges/orange juice	Strawberries	Broccoli
Grapefruit/grapefruit juice	Cantaloupe	Peppers
Juices with added vitamin C	Tomatoes	Potatoes

Vitamin A Vitamin A helps new cells and tissue grow. At least 1 serving per day. Sources of vitamin A include:

Liver	Carrots	Spinach	Milk
Sweet Potato	Tomatoes	Cantaloupe	Eggs
Winter squash	Broccoli	Apricots	

Zinc Zinc is important for healing wounds and keeping immune systems healthy. Sources of zinc are from animal foods and include:

Fish	Oysters	Cashews	Dried peas, beans, and lentils
Beef	Dark Meat of poultry	Eggs	Bran cereals
Pork	Liver	Pecans	Milk or yogurt

If you are unable to eat the recommended foods, you may benefit from a vitamin/mineral supplement

