Wound Healing Nutrition Guidelines

This guide has been prepared for your use by registered dietitians. If you have questions or concerns, please call the nearest Aurora facility to contact a dietitian. Diet counseling is available to address your specific needs.

Good nutrition is important for wound healing. A low intake of nutrients slows the healing process. The following nutrients play a major role in wound healing.

**Calories**

Calories provide energy for wound healing. Choose a variety of foods to give your body the calories and nutrients it needs. Eat small, frequent meals to increase your calorie intake. Weigh yourself every few days to make sure you are not losing weight.

**Protein**

Protein is the building block for cells and tissues. Make sure to include foods high in protein every meal and 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 for normal cell function. Your body needs extra fluid when you are healing. Aim for at least 6 to 8 cups of water, milk, juice or other fluids daily. Limit intake of alcohol and caffeine containing beverages.

**Vitamin C**

Vitamin C helps build new tissue. 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. 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 your immune system healthy. The best 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.

For a list of Aurora facilities with a dietitian, please call Aurora Health Care toll free at 888-863-5502.