

# Patient Information - Foods for wound healing – “healing from within”

All wounds need a varied and balanced diet to heal. “**Acute**” wounds like cuts and minor grazes tend to heal quickly in most people. However some wounds take several weeks to heal. These are “**Chronic**” wounds and your diet will have an impact on the healing process. **PROTEIN** foods are the most important as they help to build the new skin and tissue needed for a wound to heal. A varied diet with a balance of vitamins and minerals is very important with enough calories/energy to prevent weight loss.

Food group	Nutrients provided	Number of servings per day	Suggestions
Beef, lamb, pork, chicken, fish, seafood, lentils	PROTEIN, iron, zinc	2 - 3	Beef, lamb, pork, fish. Include soy products e.g. tofu, eggs, mussels, dried beans and seeds
Dairy products	PROTEIN, calcium and energy	3	Yoghurt, milk drinks both hot and cold, cheese
Starchy foods	Energy and vitamins	6	Cereals, porridge, bread, rice, taro, kumara, potatoes, noodles, couscous, grains. Choose wholegrain or wholemeal
Fruit and vegetables	Vitamins and minerals	5+	Variety is key. For example kiwifruit, tomatoes, peppers, spinach, oranges, mandarins and other fruits & vegetables. Fruit/vegetable juice (one serving only per day)
Fluids	Water	6 – 8+	Water, fruit juice with meals, other non sugary drinks

**Serving sizes:** generally a serving size is what can fit into the palm of your hand. The bigger the body the bigger the hand and therefore the serving size will be bigger.



### Meat, fish or chicken:

The palm of your hand, 100 g of meat, fish or chicken or 2 large eggs (no more than 6 eggs per week)

### Fruit & vegetables:

1 orange, apple, banana; 2 plums, apricots, kiwifruit, mandarins etc

1 medium potato, kumara or taro, ½ cup cooked vegetables or mixed salad

### Starchy foods excluding root vegetables:

1 slice bread, 1 cup of rice or pasta

### Dairy products:

250 mls milk  
1 pot yoghurt  
50g cheddar cheese

### Fluids:

200 mls glass or cup

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**Fluid** is important to keep your skin healthy. Minimum 1.5 L/day unless advised to restrict fluids.

Dry skin does not heal well and it is more at risk of tearing.



If you have **diabetes** it is important that you have good blood sugar control.

Regular monitoring by your GP/nurse is important.



If you are **underweight** or have difficulty with the suggested food intake, please check with your GP/nurse as you may need advice from a **Dietitian**.



Even if you are **overweight** it is important you eat a range of nutrients to enable your wound to heal.

Choose low fat and low sugar options and make sure you have a varied range of food.

Occasionally you may need to have a **vitamin and mineral supplement** if you are unable to eat some foods as essential nutrients may be missed out.

You will need to discuss this with your GP.