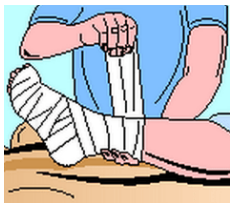


Wound care nutrition – a resource for patients

Managing and improving wound healing via nutritional interventions.



Some people are at higher risk of developing pressure sores and wounds due to:

- Reduced mobility
- Incontinence
- Poor nutrition or malnutrition
- Over-nutrition and obesity
- More time spent sitting or lying
- Medical conditions that may affect blood circulation or reduce movement e.g. Diabetes, peripheral arterial disease and multiple sclerosis.

Treatment aims: To consume enough energy and nutrients to support your nutritional requirements, which may be increased due to the presence of wounds.

Action plan: Monitor your weight and aim for weight maintenance or to prevent further weight loss. If you are underweight, ask your doctor or dietitian to explain about food fortification and high calorie drinks and snacks.



A key nutrient needed to promote wound healing is **protein**, which makes up muscle and our connective tissues. **Protein requirements are usually increased with wounds***. Aim for 1.2-1.5g/kg of protein a day, including a portion (palm-size/20g) at each meal, spaced evenly across the day. *For example, 20g = 1 chicken breast, 1 fish fillet, 3 eggs, 100g mince, 170g tofu, 250g beans.* Choose protein-rich snacks and

Seeping wounds may lead to **increased fluid requirements**. Fluids help to improve circulation to the skin and prevent dehydration. Aim for high-protein drinks such as milk, hot chocolate/malted drinks, milkshakes or higher-energy drinks such as juices and smoothies if you are underweight. Water, tea, coffee, soups and juicy fruits all count towards fluid intake. If you are over-weight or have diabetes, choose plain milk and limit sugary juices/drinks.

Did you know: a large glass of milk provides 10g of protein and a pint contains 20g!



Consume a variety of foods to provide key vitamins and minerals. Aim for:

- **At least 5 brightly coloured fruits and vegetables a day** (a portion is a handful).
- **3 portions of calcium a day**, (e.g. 200mls milk, 1 small pot of yoghurt, a small matchbox size of cheese)
- **Daily 10ug Vitamin D supplement.**
- **2 portions of fish a week, with 1 being oily** e.g. salmon or mackerel.
- **Anti-inflammatory fats** e.g. nuts, seeds, vegetable oils and avocados.
- **Maximize Vitamin C & Zinc-rich foods to aid healing:** fruit juice, oranges, berries, broccoli, peppers, potatoes, meat, fish, milk, cheese, beans.



The Eatwell Guide

Think, Food First!

***Speak to your doctor or dietitian if you have kidney disease, as a high protein diet may not be appropriate.**