

# Diet and Wound Healing

## How can I help my wound to heal?

Without proper nutrition, the whole process of wound healing can be negatively impacted. Your diet during recovery plays a critical role in how fast your wound heals, how strong the wound tissue becomes, the duration of the recovery period and how well your body fights off infection. A poor diet can turn a normal wound into a chronic wound that never seems to get better.

## What should I eat?

**Protein** is the most important aspect of your diet when healing from a wound. It helps repair the damaged tissue from your wound. You'll want to take in more protein than usual to help the healing process. Making sure to include protein at each meal and in snacks throughout the day is a beneficial way to increase protein intake. If you don't take in enough calories, the body might convert more of your body's protein to energy instead of healing. You can calculate how much protein your body needs daily with this two-step formula: First convert current weight in pounds to kilograms using this formula (current weight in pounds/2.2 kilograms) = weight in kilograms. To calculate protein need multiply current weight in Kg by 1.5 grams protein per day (weight in Kg x 1.5 grams protein/day) = grams of protein needed per day. **Your protein intake should be \_\_\_\_\_ grams per day.**

## Foods high in protein:

Turkey (Half breast= 30grams)	Chicken (Half breast= 30grams)	Fish (3 ounce= 22 grams)	Cheese (1 slice= 9 grams)
Pork Chops (1 chop= 33 grams)	Lean Beef and Veal (3 ounce = 31 grams)	Tofu (3 ounce = 6 grams)	Beans (1 cup= 29 grams)
Eggs (1 large egg= 6 grams)	Yogurt (1 cup= 14 grams)	Nuts and Seeds (1 ounce= 9 grams)	Milk and Soymilk (1 cup= 14 grams)

*\*If you are on hemodialysis or have any kidney disease please contact your dietician and/or nephrologist prior to adjusting daily protein intake.*

## Should I start taking vitamins?

We recommend that you take one good quality **multivitamin-mineral supplement** per day. The table below shows several important specific vitamins and their recommended dose.

<b>Vitamin C: 500- 2,000 mg per day</b>  <b>L-arginine: Juven supplement</b>	<b>Zinc: 220 mg per day (for two weeks ONLY, then stop taking. After the two week regimen make sure your multivitamin contains the recommended daily allowance of zinc)</b>
--	---

The information presented here is provided solely for educational and informational purposes. It is not all-inclusive and should not be taken as medical advice. Always consult a medical provider prior to changing any diet or supplements.