

The information in this leaflet has been produced by registered dietitians for the majority of the population taking into account ethnicity and religious beliefs.

If you require any further information, this can be provided from your dietitian on request.

At the time of publication the information contained within the leaflet was, to the best of our knowledge, correct and up-to-date.

Dietary Advice for Wound Healing

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کنند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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This leaflet provides dietary information to help your wound heal. It focuses on protein, dairy and other nutrients which are important for growth and repair.

What is protein?

Protein is a nutrient found in many foods that we eat, such as; meat, fish, eggs, dairy products, nuts, beans and pulses.

Protein helps your body heal and repair. Your body may need more protein if you have an open wound. Not enough protein can slow down wound healing.

Foods high in protein	
Protein	Meal example
Meat (chicken, beef, pork, lamb etc.)	Chicken, rice and veg Beef, potatoes, veg
Fish (tinned/fresh salmon, tuna, mackerel, cod etc.)	Jacket potato and tuna Tinned mackerel on toast
Pulses and beans	Low-sugar beans on toast Lentil soup
Eggs	Pepper & cheese omelette Scrambled eggs on toast
Dairy (cheese, yogurt)	Cheese on toast Yogurt and berries

Importance of dairy and calcium

Dairy is high in protein and is a good source of calcium, which help keep your bones healthy.

Try to have 2-3 portions of dairy a day.

Foods high in calcium	
Calcium source	Snack/meal example
Skimmed/semi-skimmed milk or calcium fortified plant-based milk	Milky coffee/hot chocolate/malted drink
Small matchbox size of cheese	Cheese sauce and pasta Cheese and crackers
Small pot of low – fat yoghurt	Plain yoghurt with fruit
Milk puddings	Low-fat rice pudding/ custard pot
Bony fish	Sardines on toast Tinned salmon sandwich
Sesame seeds	Sesame seeds on salad or soups



Top tips to get more protein into your diet

1. Include foods rich in protein with every meal and snack.
2. Include a protein rich snack or drink before bed.
3. If you are under 50 years, aim for a palm size portion of protein.
4. If you are over 50 years, aim for a portion of protein that is the size of the palm of your hand.
5. Combine proteins together in your meals. For example, yogurt and seeds or cheese and beans.

What about low-fat versions?

If you are overweight and would like to lose weight, opt for the low-fat protein options such as:

- Low-fat natural yoghurt
- Skimmed or semi-skimmed milk
- Chicken or turkey
- Fish
- Pulses and beans
- Low-fat cheese



What three changes could you make to your diet to help your wound healing?

1. _____

2. _____

3. _____

Other nutrients important for wound healing

Vitamin C

- Vitamin C helps to absorb iron from your food and helps your body to heal. It is found in lots of fruit and vegetables.
- Vitamin C is destroyed if vegetables are cooked too long, so it is important not to overcook your vegetables, it is best to steam them.
- A small glass of orange juice (150ml) once a day with a meal is a good way to increase your Vitamin C.

Zinc

- Zinc helps wounds, such as ulcers, to heal.
- Lean red meat, shell fish, milk, cheese, bread, lentils and beans contain lots of zinc.

Vitamin and Mineral Supplements

- If you cannot eat a wide variety of fruit and vegetables, then you may need to take a supplement, such as An “A to Z” type supplement to make sure you get the nutrients you need to help with wound healing.

High protein snacks and drinks

A simple way to get more protein into your diet is to swap your usual snacks for high-protein snacks, such as:

- Small handful of nuts
- Small pot of low-fat yogurt
- Small handful of seeds
- 2 x crackers with cream cheese
- 2 x Boiled eggs.



You could include high protein drinks into your daily diet, such as:

- Milky coffee
- Glass of milk
- 150ml smoothie made with milk, yoghurt and a handful of berries.

Packaged foods

Try to avoid dry/powdered soups/noodles/pasta – even if they are chicken or beef, they are likely to be low in protein. Try to have tinned/homemade soup or homemade meals instead of packet meals.

