

NUTRITION AND WOUNDS

Wound Overview

- A wound is any injury to the skin or body.
- When your body is healing a wound, it goes through multiple steps.
- As your body starts to heal the wound, it is working to fight infection while rebuilding the damaged tissue.
- Both steps require important nutrients to complete the healing process. Without necessary nutrients, your body may be slow to heal, or the wound could become worse.

Risk Factors

Things that increase your risk of developing wounds include:

- Being unable to get out of bed
- Aging
- Diseases, such as diabetes or blood vessel disease
- Impaired sensation (like neuropathy)
- Poor nutrition

It's important to be able to manage these factors to help your body heal.



Nutrition is important to wound healing.

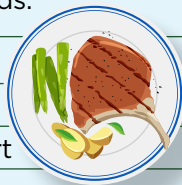
Role of Nutrients

- **Calories** – Provide energy to help your body use protein to repair wounds. Your body needs the right number of calories daily to heal a wound.
- **Protein** – Made up of vital building blocks, called amino acids, that your body uses for repairing wounds.
 - It's important to eat a variety of high-quality proteins to get a variety of amino acids.

- **Fluids** – Having the right amount of fluids helps wounds to heal properly and replaces any fluid that can be lost from wounds.
- **Vitamin C** – Important for connective tissue. During wound healing, you may need more than the normal amount of vitamin C.
- **Zinc** – Plays an important role in your body's metabolism and wound healing.

Top 10 high-protein foods¹:

1. Lean chicken breast	6. Lentils
2. Lean pork chops	7. Low-fat yogurt
3. Tuna	8. Grated parmesan
4. Beef (skirt steak)	9. Squash and pumpkin seeds
5. Firm tofu	10. Eggs



Oral Nutrition Supplements

- Oral nutrition supplements can be helpful if you are having a difficult time eating enough protein, calories, or other nutrients that are important for wound healing.
- Talk to your provider or a dietitian about specific recommendations for you.

1. <https://www.myfooddata.com/articles/foods-highest-in-protein.php#printable>



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