PATIENT EDUCATION

Nutrition and Wound Healing

Wound Healing Centers
Abington Health Center – Warminster Campus
205 Newtown Road, Suite 111, Warminster, PA 18974
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INTRODUCTION
Good nutrition is necessary for wound healing. During the healing process, the body needs increased amounts of calories, protein, and vitamins A and C. The following information will help you choose “power” foods to help healing. If you have any questions, please call the Wound Healing Centers or schedule an appointment with the Dietician by dialing (215) 481-672-0899.

GOALS FOR HEALTHY EATING
1. Follow a well-balanced eating plan with food from each food group: grains, vegetables, fruits, meat and beans, milk, and oil. You can find information about specific serving recommendations at www.choosemyplate.gov.

2. Healthy eating is achieved when you get daily activity, eat in moderation, personalize your diet, eat a correct proportion of foods from each food group, and get a variety of foods.

3. Eat 10-15 calories/pound of body weight. Without optimum calorie intake, protein will not be available to promote wound healing, and vitamin and mineral intake will most likely be suboptimal.

4. Eat 1/2 gram of protein/pound body of weight.

5. Supplements may be required to meet calorie and protein needs in some people and can include homemade high-protein/high-calorie shakes or specialized commercial formulas such as BOOST, Glucerna, or similar products.

6. Also, arginine, an amino acid normally produced in adequate amounts in the body may need to be increased. Stress or illness may require more arginine in your diet. Nuts, daily, meat and beans are good sources of arginine without adding a supplement.

7. If you are diabetic, continue to monitor your blood sugar levels closely. Having good control of blood sugar levels will help with wound healing and may prevent infection. You may need to visit your doctor or registered dietitian to help control blood sugar through diet and medication.

INCLUDING “POWER FOODS”
1. Protein: At least 2 to 3 servings per day
   - Beef, fish, poultry, pork, veal, lamb, eggs
   - Cheese, milk, yogurt
   - Tofu, beans and peas, nuts, and seeds

2. Vitamin A: At least 1 serving per day
   - Dark green, leafy vegetables
   - Orange or yellow vegetables
   - Orange fruits
   - Fortified dairy products
   - Liver

3. Vitamin C: At least 1 serving a day
   - Citrus fruits and choices
   - Strawberries, tomatoes
   - Peppers, potatoes, spinach
   - Broccoli, cauliflower, brussel sprouts, cabbage
<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Serving Size</th>
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<tbody>
<tr>
<td>Breads and grains, using whole grain</td>
<td>1 slice bread; ¾ cup dry cereal; ½ cup cooked cereal, pasta, noodles, or rice</td>
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<td>sources as much as possible</td>
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<tr>
<td>Vegetables</td>
<td>1 cup cooked or raw vegetables; 1 cup raw leafy vegetables</td>
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<tr>
<td>Fruits</td>
<td>½ cup canned fruit or fruit juice; 1 piece of fruit; ¾ cup fresh fruit</td>
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<tr>
<td>Dairy</td>
<td>1 cup milk or yogurt; 1 ounce cheese</td>
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<tr>
<td>Protein</td>
<td>2 – 3 ounces meat; 1 cup cooked beans or legumes; 1 egg; 2 tablespoons peanut butter</td>
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<tr>
<td>Fats and sweets</td>
<td>Good source of calories but may be restricted by prescribed diet</td>
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