

# Nutrition to Aid Wound Healing

To heal wounds effectively your body requires balanced meals that include the right amount of foods from all the Eat Well Plate food groups — protein rich foods, fruits, vegetables, dairy and grains.



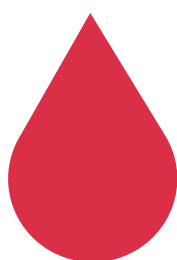
Choose vegetables and fruits that are rich in vitamin C such as broccoli or strawberries. Wounds often require a higher intake of vitamins and minerals to support healing.



Include protein rich foods in your diet, such as beef, chicken, seafood or beans. Your body needs protein to help build and repair muscle, skin and other body tissues. If your wound is very leaky you are losing protein in the fluid too. Protein also helps fight infection, balance body fluids, and carry oxygen through your body.



Stay well-hydrated with water or other unsweetened drinks.



High blood sugar levels stop wounds from healing properly. If you have diabetes, make sure your blood sugar levels are stable to help prevent wounds from developing and to support healing and recovery.

# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

