

# Eating to Help Wounds Heal



From Canada's Food Guide Dietary Guidelines and available at [food-guide.canada.ca/en/guidelines/](http://food-guide.canada.ca/en/guidelines/)

Eating healthy helps your wound heal faster and helps you fight infection. While you heal, your body needs extra energy, protein, fluids, and other nutrients like vitamin A, vitamin C, iron, and zinc. These all help keep your skin healthy. The best sources of these extra nutrients are foods and fluids.

People living with conditions such as diabetes and kidney disease need to stay away from or try not to eat some foods and fluids. If you have been told to limit some foods or fluids, talk to your family practitioner or registered dietitian before changing what you eat and drink.

## Eating healthy foods

Eat vegetables, fruits, whole grains, and protein foods at each meal. Eat snacks that include a protein food. See the next page for healthy food choices.

Set aside time to eat. This helps you focus on your meals and snacks, and enjoy eating.

You know your body is getting the nutrients it needs when you are not losing weight and your wound is healing.

If you have a poor appetite, try eating smaller meals every 2 to 3 hours. If you are not getting enough nutrients, you might need to take a supplement. Talk to your family practitioner about supplements.

Try not to eat highly processed foods. If you eat them, eat them less often and in small amounts.

## Drinking healthy fluids

Water is the best fluid to drink for your health. If you have a poor appetite, drink milk and 100% pure fruit juice more often.

Other fluids include:

- coffee
- fortified soy drinks
- nutritional supplement drinks such as Boost® or Ensure®
- soup
- tea
- vegetable juice



Try to drink 9 to 12 cups (2¼ to 3 litres) of fluids each day. To help you drink enough, try doing these things:

- Drink 1 to 2 cups (250 to 500mL) of fluid at each meal.
- Keep a glass of water or water bottle near you all day.



Family practitioner refers to either a family doctor or nurse practitioner.

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This information does not replace the advice given to you by your health care provider.














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### Choosing healthy foods and fluids

Use Canada's Food Guide and this table to help you choose healthy foods and fluids to eat and drink.

Fruits and Vegetables		
Apples Apricots Asparagus Avocados Bell peppers Berries Broccoli Brussel sprouts Cabbages	 	Carrots Cauliflowers Green beans Kiwis Leafy greens Mangoes Melons Oranges Papayas
	 	Peaches Prunes Pumpkins Radishes Raisins Snap beans Tomatoes
		 
Whole Grains		Protein Foods and Drinks
Barley Brown rice Cereals Oatmeal Potatoes with skin	 	Cheese Eggs Fortified soy drinks Legumes such as beans and lentils Meat
	  	Milk Nut butters Nuts and seeds Poultry Seafood such as fish, crabs, oysters, and clams Tofu
		 

### Asking questions

Contact your family practitioner about seeing a registered dietitian in your community.

Contact HealthLinkBC Dietitian to speak with a registered dietitian 9:00 a.m. to 5:00 p.m., Monday to Friday.

Phone: 8-1-1 or 604-215-8110

Email:

- Scan this QR code
- Go to [healthlinkbc.ca](https://healthlinkbc.ca)

Click *EMAIL*, under *Registered Dietitians*.

