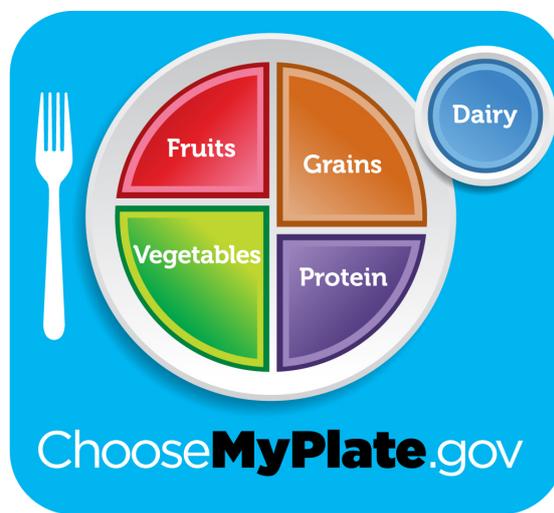


# Nutrition

There are nutritious steps you can take to wound healing!

## Step 1: Eat Balanced Meals

Follow the food pyramid and myplate.gov guidelines to ensure that you are eating the proper amount of the food groups. Variation in your diet is good, but be sure not to overeat. Avoid over-sized portions by making your balanced plate and putting any remaining food away to be stored for leftovers before sitting down to eat.



## Step 2: Powerful Protein

Wounds need protein for all stages of healing. Protein provides a lot of energy to your body. You should consume adequate protein with every meal and snack throughout the day. A sample menu may include eggs for breakfast, black bean tacos for lunch, yogurt or nuts for a snack, and chicken or fish at dinner.

## Step 3: Control Blood Sugar Levels

It is important that you control your blood sugar levels, especially if you are diabetic. High blood sugar can cause wounds, delayed healing, and serious infections. It's important to maintain stability in your blood sugar. Work with your provider to manage a blood sugar range of 80-130 before meals and less than 180 one to two hours after a meal.

***Did you know that nutrition counseling may be covered for you?***

*Call your insurance provider to see what nutrition services are available to help you get and stay on track.*



#### **Step 4: Consistency**

It is important to maintain consistency in your diet. Your body comes to expect a schedule around what and when you eat. Not only will it help your digestion, but your body counts on having these nutrients to promote stability.

#### **Step 5: Hydrate, Hydrate, Hydrate**

The body needs fluids, but a body healing its wounds, needs more! The average person should drink 8 glasses of water a day, but wound care patients should exceed that. Proper hydration is essential to speeding up the wound healing process. By drinking water and unsweetened beverages, your body can carry out its waste easier and water carries Oxygen and nutrients directly to the wound bed.

#### **Step 6: Eat the Rainbow**

Like mama always said, "eat your veggies!" Fruits and vegetables provide essential nutrients like zinc and vitamin C that will aid in wound healing. Strawberries, spinach, oranges, red pepper, kiwi, broccoli, pineapple, and kale are some favorites that all offer different bonus nutrients. Be sure not to overdo it on fruits that contain higher amounts of sugar; natural or not, they may still increase your blood sugar levels.



*Some wound types require more high-protein foods or an increased caloric-intake, some require dietary restrictions and the avoidance of food categories, so be sure to talk to your healthcare provider about what nutritional standards you should follow to increase your wound healing potential.*