

Wound Healing Support with Food

- Good nutrition can help your wound heal. Getting enough fluids, protein, and key vitamins and minerals can support healing.
- If you have diabetes, try to keep your blood sugar in a healthy range. This can help your wound heal and lower the risk of infection.
- Your care team can help you find ways to support healing with food.

Supporting your healing with vitamins:

- Your body may need more nutrients to help wounds heal. Getting enough calories, protein, vitamins A and C, and zinc can support healing.
- Try adding more of these nutrients through food when you can.
- If you have diabetes or kidney disease, your needs may be different. Your dietitian can help you find what works best for you.

Foods that help wound healing:

Protein & Arginine	Vitamin C	Vitamin A	Zinc
• Meat & Poultry • Fish & Shellfish • Tofu / Soy Products • Beans • Nuts • Eggs • Milk • Greek Yogurt • Cheese • Protein Powder	• Citrus Fruits • Strawberries • Tomatoes • Bell Peppers • Potatoes • Spinach • Broccoli • Cauliflower • Brussel Sprouts	• Orange Fruits: Apricots, Cantaloupe, Mango, Papaya, Peaches, Oranges • Green Leafy Vegetables • Carrots & Squashes • Sweet Potatoes • Liver • Fortified Dairy	• Chicken • Pork • Beef • Salmon • Shellfish • Nuts & Seeds • Beans & Legumes • Whole Grains • Fortified Cereals
			

