How can you get all the nutrients you need for wound healing?

- Make sure you choose foods from ALL four food groups as listed in Eating Well with Canada's Food Guide.
- Make sure you drink enough liquids everyday. Have water, juice or milk with your meals and snacks.

Talk to a health professional if you have:

- An unplanned weight loss.
- Frequent diarrhea or vomiting.
- Loss of appetite.
- Trouble chewing or swallowing your food.
- Other health problems like diabetes or high cholesterol.

Important!
You should talk to your doctor or a dietitian before taking a vitamin/mineral supplement.
If you have a wound, the nutrients in food and liquids are very important. These nutrients play a big role in wound healing:

**CALORIES**
All food/beverages contain calories, except water, coffee, tea and diet beverages

**WATER/LIQUIDS**
Water, juice, milk, jello, sherbet, ice-cream, yogurt, pudding, soup, popsicles and other liquids except caffeinated beverages

**IRON**
Liver, beef, turkey (dark meat), peas, lentils, beans, baked potato with skin, fortified pasta and cereals

**VITAMIN C**
Citrus fruits and juices (orange), cranberry, strawberries, broccoli, brussels sprouts, red peppers, tomatoes, potatoes, cauliflower, honeydew, cantaloupe, and other juices with vitamin C added.

**PROTEIN**
Beef, pork, chicken, turkey, fish, lamb, eggs, liver, milk, cheese, yogurt, pudding, custard, peas, lentils, beans, seeds and nuts

**ZINC**
Seafood (especially oysters), beef, pork, chicken, milk, peas, lentils, beans, whole wheat pasta, wheat germ, and nuts

**VITAMIN A**
Liver, milk, cheese, broccoli, frozen green peas, spinach, carrots, red peppers, tomato juice, cantaloupe, mango, apricots and peaches