

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.



OUR VISION

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible.

www.westernhealth.nl.ca

900596

Nutrition

& Healing Wounds



Western
Health

“Who needs good nutrition?”

EVERYONE!

“Who needs good nutrition for wound healing?”

YOU DO!



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