

Wound Healing Guide: Staying on Top of Your Nutrition

Proper nutrition is important for wound healing. The body needs additional calories, protein, vitamins and minerals as well as fluids to help with recovery. Encouraging your child to eat foods that supply these nutrients will help heal the wound, decrease infection and promote normal growth in children.

Key Elements for Healing

- **Protein** is especially important for healing. Without enough protein in the diet, open wounds and surgery incisions cannot heal well. Include one to two sources of protein at each meal and snack.

Good Sources of Protein:

Dairy	Meats/Fish	Other
Cow's Milk	Turkey	Nuts, Seeds (pistachios, sunflower, pumpkin, chia, flax, etc.)
Cheese	Chicken	Peanut or any nut butter
Yogurt (regular or even better, Greek style)	Beef	Beans, Legumes (chickpeas, hummus, edamame, etc.)
Cottage cheese	Pork	Eggs
	Fish	Quinoa
		Tofu
		<u>Many plant based burgers</u>
		<u>Pea based milks (if >2yr)</u>

- **Fluid** is important for all processes in the body. You need to drink enough fluid for your body to heal properly. Make sure your child is drinking plenty of fluids, like water or milk, protein rich drinks, milkshakes or any of the supplements listed below.
 - Pediasure™
 - Boost Kid Essentials™)
 - Ensure or Ensure Plus™
 - Boost or Boost Plus™
 - Boost Breeze™
 - Ensure Clear™.
 - At home, trial any listed here or over the counter brands (Muscle Milk, Core Power) or smoothies with protein (Bolthouse, Naked Juice)

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**Please ask your dietitian or diet technician for a list of available smoothies and milkshakes if you are currently inpatient.

Your child's goal fluid needs: _____ ounces per day

- **Other Nutrients:** Vitamins and minerals play a part in the healing process. Eat a healthy diet with a variety of foods including fruits, vegetables and whole grains. Talk to your doctor or dietitian to see if your child needs a multivitamin or other vitamin or mineral supplements. If supplements are recommended, generic brands are ok.

Plan for regular mealtimes. Be sure to include 3 meals and at least 2 snacks daily.

Dietitian/Diet Technician: _____ Phone number: _____