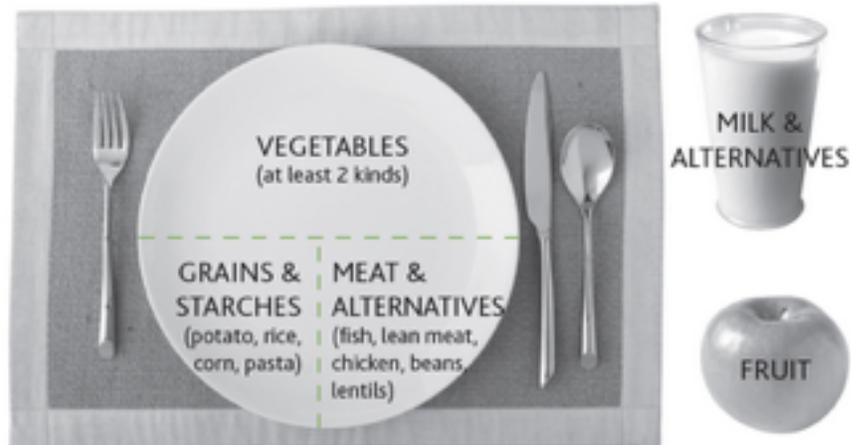


NUTRITION & WOUND HEALING



Good Nutrition is needed for healing!

During the healing process, the body needs increased amounts of calories, protein, vitamins A and C and sometimes the mineral zinc. The best way to make sure your body is getting what it needs is to eat a wide variety of foods from each of the four food groups: Vegetables and Fruit, Grains, Milk and Milk Alternatives, Meat and Meat Alternatives.

Focussing on the following “power” foods for healing will also help.

Protein	Meat, poultry, fish, eggs, beans, lentils, nuts and seeds, milk, yogurt, soy protein
Vitamin C	Citrus fruits and juices, strawberries, tomatoes, tomato juice, peppers, baked potatoes, spinach, broccoli, cauliflower, brussel sprouts, cabbage
Vitamin A	Dark green leafy vegetables, orange and yellow vegetables, cantaloupe, fortified dairy products, liver, fortified cereals
Zinc	Fish and shellfish, red meats, fortified cereals,

If you find it difficult to eat try these tips:

- 1) Try eating smaller meals and snacks more frequently. Examples of snacks: peanut butter on crackers, celery or banana, cheese and crackers, milkshake, yogurt and fruit, 1/2 small sandwich, trail mix, fresh fruit and handful of nuts.
- 2) For taste changes or nausea try a variety of foods. You may find that cold foods or foods with less scent work best.
- 3) Make each bite count. Try replacing foods that are less nutritious with foods that contain more protein, vitamins and minerals.

Instead of	Try this
carbonated beverages	milk, milk shakes, fruit smoothie, 100% fruit or vegetable juice
jam on toast	peanut butter or cheese on toast
jello	pudding, greek yogurt, ice cream

- 4) Talk to your health care provider about taking a multivitamin and mineral supplement, you might also want to try ready-to-drink supplement beverages.

Meal Preparation Tips

- 1) Cook in larger batches and freeze portions for later use.
- 2) Use a slow-cooker or steamer to make healthy meals with less time spent in the kitchen.
- 3) Purchase healthy convenience items such as pre-cut fruits and vegetables, bagged salads and trail mixes.
- 4) While you are healing, rely on friends and family for help with meals, or use a meal service such as Meals on Wheels.



If you have diabetes or high blood sugar

Monitor your blood sugar closely. Having good control of blood sugar levels will help with healing and may prevent infection.

Make an Appointment

If you are interested in more information or require further help with your diet, make an appointment with a Garden City Family Health Team Registered Dietitian.

To book your appointment contact:
Laura 905-988-9617

