

IF YOU HAVE QUESTIONS OR CONCERNS, CALL (855) 863-9595 TO SPEAK WITH OUR ON-CALL CLINICIAN.

NUTRITION PLAYS A CRITICAL ROLE IN THE HEALING OF BURN AND WOUNDS

- + The body needs more calories, proteins, and nutrients while healing.
- + Maintaining a balanced diet of nutritious foods will speed up wound healing, strengthen the immune system, and reduce infections.
- + A well-balanced diet includes protein, fruits, vegetables, dairy, and grains.

PROTEIN

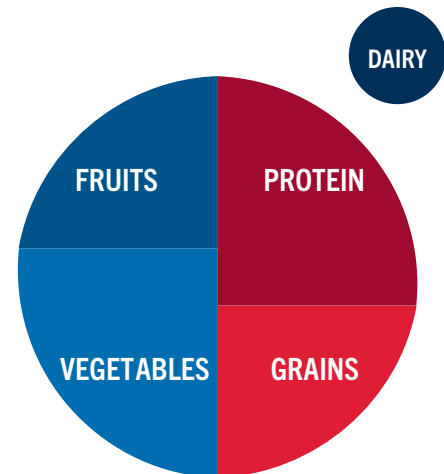
Protein is essential for wound healing. Sources of protein include meat, poultry, fish, dry beans, eggs and nuts. Eat 20 to 30 grams of protein per meal, which is contained in a three-ounce serving of meat (the size of your palm). Nutrition powders, meal-replacement shakes, and protein bars can be used as supplements for patients who have difficulty consuming adequate protein.

VITAMINS AND MINERALS

A healthy diet includes a minimum of five servings of vegetables and two to four servings of fruit per day. In addition, an over-the-counter multivitamin tablet and a Vitamin-C supplement are recommended once a day.

ADDITIONAL NUTRITION TIPS

- + Drink six to eight glasses of water a day
- + Tobacco use increases risk for infections and slows wound healing. Discuss options to stop tobacco use with your doctor.
- + Diabetics are advised to monitor blood sugar levels closely since uncontrolled blood sugar slows healing.



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