

Eat Well to Heal Well

Your food and fluid requirements will increase if you have a pressure ulcer or open wound. To encourage your skin to heal and to prevent further ulcer development make every mouthful count and try to have a variety of nourishing foods and fluids.

- Choose full fat and full sugar* products** rather than 'diet', 'low fat' or 'healthy eating' varieties as these provide more calories.
- Have high calorie snacks in between meals** such as a yoghurt, peanuts or cheese and crackers (see '*100 Calorie Boosters*' resource for more examples).
- Aim to drink at least 1.6 - 2 litres** of fluid per day to keep hydrated and improve healing (see '*Keeping Hydrated*' resource for more information).
- Drink nourishing fluids*** such as fruit juice, smoothies, fortified milk or milkshakes (see '*Super Shakes*' resource for recipe examples).
- Fortify your milk to add extra protein**; add 2 - 4 heaped tablespoons of dried milk powder to a pint of milk, mix well and then use like regular milk.

* If you have diabetes, continue to choose sugar free drinks although you can have a moderate amount of sugar containing foods as part of a fortified diet. Speak to your GP, nurse or diabetes team for more information.

Nutrient Rich Foods

Vitamin C, zinc and protein are essential nutrients required to promote wound healing. Try to include some of the nutrient rich food examples below in your diet:

Vitamin C

- Fruit juice
- Oranges
- Strawberries
- Broccoli
- Red and green peppers
- Potatoes

Zinc

- Meat
- Shellfish
- Milk
- Cheese
- Bread
- Baked beans

Protein

- Meat
- Fish
- Milk
- Eggs
- Nuts and seeds
- Pulses and lentils



Tip: Taking an over the counter multivitamin or mineral may be helpful if you find it difficult to have a varied diet.