

## CALL YOUR HEALTH CARE PROVIDER IF:



- You believe that you have an infection, contact them right away, and don't wait
- You have uncontrolled bleeding from your wound
- Your wound is deep or has jagged edges
- You were cut by a rusty or dirty object and have not had a tetanus shot in the past 5 years
- There is something in your wound that will not easily rinse out
- You notice signs of infection: an increase in redness, warmth, swelling, drainage, odor, pain and/or fever, chills, nausea or vomiting
- You are diabetic and have an unusual increase in blood glucose
- Your wound just will not heal

## Notes

This brochure has been brought to you by the Association for the Advancement of Wound Care (AAWC) through the volunteer support and clinical expertise of the AAWC Public Awareness Task Force. It is for educational purposes only. Contact your health care provider for medical advice and care.

### OUR MISSION

AAWC's mission is to advance the care of people with and at risk for wounds.

### DO YOU KNOW?

AAWC has a variety of membership and contribution options. Patients, lay caregivers and layperson advocates can receive free lifetime membership to AAWC!

### WOUND CARE PATIENTS NEED A VOICE!

Join AAWC today!

For information, to join or to make a charitable contribution, please call or visit: Toll Free 866-AAWC-999; outside of the US: 610-560-0484; [www.aawconline.org](http://www.aawconline.org)

### REPRINT REQUESTS

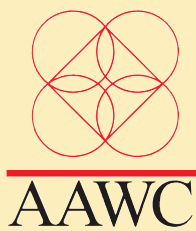
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To learn more:

Go to [www.aawconline.org](http://www.aawconline.org). Select 'Patient Resources' for more helpful information

Reference:

Nutrition Guidelines to Improve Wound Healing  
<https://my.clevelandclinic.org/health/articles/nutrition-guidelines-to-improve-wound-healing?view=print>



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# EAT, DRINK, HEAL!

## FUEL FOR HEALING

# Hungry for HEALING?

## Eat to HEAL!

Nutrition refers to the food we consume. Carbohydrates, fats, proteins, vitamins and water are all vital parts of good nutrition. What you eat gives your body the energy and the nutrients (tools) to help your body heal.

### Why is good nutrition important to wound healing?

Healing a wound means your body must work harder than usual, and the bigger the wound, the bigger the job. Your job is to supply the extra energy and the tools to support your body's healing.

Your energy and tools include these key items:

**CARBOHYDRATES** are a key source of energy, and help protect your body's protein reserves.

- Green vegetables
- Whole grains and foods made from whole grains
- Starchy vegetables like potatoes and corn
- Beans, lentils and peas
- Fruits



Be sure to tell your health care provider about ALL of your medicines: prescription, over the counter and dietary supplements



**FATS** are a concentrated source of energy.

- Avocado
- Nuts
- Oils such as olive oil, and coconut oil
- Fatty fish such as salmon and trout



**PROTEIN** is critical because it provides essential building blocks to fill in and close YOUR wound.

- Lean meat
- Seafood
- White meat poultry
- Eggs
- Milk, cheese and yogurt
- Beans
- Soy



**VITAMINS**, such as A, C, E and B-complex, along with minerals like zinc and copper help boost your immune system, as well as support healthy wound healing. Talk to your health care provider before taking a vitamin/mineral supplement.

### A WORD about WATER

Drink up! Water makes up more than 60% of an adult's body weight, and is essential for all of your body's functions. This is especially true for healing a wound. Water allows your cells to accept energy and nutrients from food and get rid of waste. Draining wounds, fever, diarrhea, and sweating rob us of more water than usual. If you notice that you have dry skin, cracked lips, dark urine or constipation these may be signs of dehydration, and a need to drink more water.



### Am I doing this right?

Good nutrition is not always an easy job. You may have other medical conditions or medications that interfere with getting good nutrition. In general, it is not easy to heal your wound if you are trying to lose weight. That sends the body two very different messages! You don't need to gain weight to heal. If you think you need help, talk with your health care provider about seeing a nutrition or dietary specialist for help.



IF YOU ARE ON DIALYSIS OR HAVE ANY FOOD RESTRICTIONS DUE TO A MEDICAL CONDITION or other reasons, consult your health care provider about nutrition and wound healing