



Eating the right foods can help your wound heal. To heal your wound, your body will need to use more calories. Your body will need protein. It will use Vitamin A and C, and sometimes the mineral Zinc.

It is important you eat a variety of foods to help your wound to heal. Choose My Plate.gov is a good tool for you to use. It tells you about different food you should eat. It tells you the number of servings

you should eat. It is important to eat foods from each of the different food groups every day.

Your doctor may put you on a special diet. The diet may include vitamins or supplements. Follow your doctor's diet instructions. This will help your wound to heal and prevent complications. Most diet instructions are based on Choose My Plate information.

Examples of Foods Needed for Wound Healing

Proteins meat, eggs, cheese, milk, yogurt, dried beans, nuts	Vitamin A dark green leafy vegetables, orange or yellow vegetables, orange fruits, fortified dairy products, liver	Vitamin C citrus fruits and juices, strawberries, tomatoes, peppers, potatoes, spinach, broccoli, cauliflower, cabbage	Zinc: fortified cereals, red meats, and seafood
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Every Day Eat 2-3 servings of protein, at least 1 serving of a food that is high in Vitamin A, Vitamin C, and Zinc.

If you are not eating well:

Try eating five to six small meals per day. Try eating smaller meals and snacks between meals to help your nutrition. Some examples of good snack choices are listed below:

- Cheese and Crackers
- Glass of Milk
- Cottage Cheese and Fruit
- Fruit
- ½ Small Sandwich
- Milkshakes
- Peanut butter on Crackers or Celery
- Fruit
- Juice



Groups	Serving Size
Breads and Grains <i>(Use whole grain sources)</i>	1 slice bread, ¾ cup dry cereal, ½ cup cooked cereal, pasta noodles, or rice
Vegetables	1 cup cooked or raw vegetables, 1 cup raw leafy vegetables
Fruits	½ cup canned fruit or fruit juice, 1 piece of fruit, ¾ cup fresh fruit
Dairy	1 cup milk or yogurt, 1 ounce of cheese
Protein	2-3 ounces of meat, 1 cup cooked beans or legumes, 1 egg, 2 tablespoons peanut butter
Fats and Sweets	Good source of calories but may be restricted by special diets

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Reference: choosemyplate.gov.

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