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TIPS TO PROMOTE WOUND HEALING During National Nutrition Month

According to the Academy of Nutrition and Dietetics nutritional needs change as we age and our diets occasionally need to be adjusted. Many wound care patients are seniors with underlying health issues and nutritional intake is a key component of the healing process. Here are six tips to help make positive dietary changes:



1 Create a weekly plan and shopping list for balanced meals. Aim for protein, fruits, vegetables, low-fat or non-fat dairy, and whole grains.



2 Eat protein-rich foods like lean meats and seafood, skinless poultry, eggs, and tofu. Yogurt is also a good source, but check the sugar content first. Protein is vital to rapid wound healing.



3 Consume at least one daily serving of a good source of Vitamin C, which plays a key role in collagen formation. Look for oranges, grapefruits, strawberries, broccoli, kale, and red and green peppers.



4 Stay hydrated by drinking plenty of fluids throughout the day. Water is ideal, but if you consume other beverages be mindful of sugar intake.



5 Consistently monitor blood sugar levels for better control. This is critical because research shows a clear correlation between blood glucose and wound healing.



6 "Good" carbohydrates can help control your weight. Whole-grain and high-fiber carbs are good choices: whole grain breads, cereals, brown rice, beans, fruits with skin, and berries.