

# Nutrition and Wound Care

A guide for service users and carers

Pressure sores or leg ulcers are more likely to heal quicker if you are well nourished. It is particularly important to eat a diet that provides enough protein, fluid, vitamins and minerals.

## Protein

**Protein** is necessary for the growth and repair of all tissues including muscle and skin

### Dietary sources of protein include:

Chicken, Red Meat, Beans, Fish, Milk, Nuts, Yogurt



## Fluid

If you are dehydrated you are twice as likely to develop pressure sores, therefore having enough to drink on a daily basis is very important.

All drinks except alcohol count as fluid intake.



## Important Vitamins & Minerals

**Vitamin C** directly helps with the healing process. It is not stored in the body so a daily supply is needed. Vitamin C is destroyed by cooking so it is important not to overcook your vegetables

### Dietary sources of Vitamin C include:

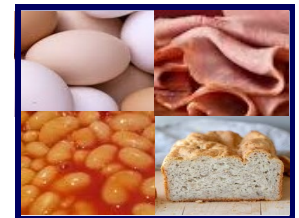
Berries, Apricots, Peas, Pineapple, Banana, Apple, Orange, Carrots, Broccoli, Lettuce, Peppers and Cucumber.



**Zinc** is important for the formation of new skin tissue and to help pressure ulcers to heal.

### Dietary sources of Zinc include:

Meat e.g. Beef, Pork or Lamb, Eggs, Baked beans, Bread.



**Iron** is important for maintaining adequate haemoglobin levels in your blood. Haemoglobin helps supply oxygen and other nutrients around the body and thus helps in the healing process.



## Frequently Asked Questions

### What if I am underweight?

It is important to choose food and drinks high in fat and sugar to help fortify the diet with extra calories where you can. Your healthcare professional can provide you with advice on food fortification, high calorie drinks and snacks.

### What if I am overweight?

If you are overweight, try to choose foods lower in fat and calories and replace these with lower calorie options such as fruit and vegetables.

### What if I have diabetes?

Good blood glucose control will help wound healing. You can have a moderate amount of sugar-containing foods as part of your diet but speak to your GP or diabetes nurse for more information.

## Top Tips

### Protein

- Include lean meat in your evening meal or as a sandwich filling
- Add beans or pulses to casseroles, soups and salads or as a side serving
- Have fish once or twice per week (aim for one source to be oily fish)
- Have nuts or seeds as a snack between meals – or scatter over cereal or salad
- Add an egg to salads, sandwiches or have on toast for breakfast
- Add dairy foods (or non-dairy alternatives) into your meals – have yoghurt for dessert or with your lunch or a milky drink before bed
- Use vegetarian alternative protein such as tofu, soya or Quorn as a base for meals

### Fluid

- Drink at least 6-8 cups or glasses of fluid each day (includes hot drinks such as tea, coffee and hot chocolate, squash, fruit juices, milk, soups, jelly and other liquids)
- Reduce caffeinated drinks if you consume more than 3 cups per day (more than this may start to have a dehydrating affect)
- An indicator of good hydration is urine which is pale in colour. Dark or strong smelling urine is likely to indicate dehydration

### Vitamins & Minerals

#### Vitamin C:

- Aim to have at least 5 portions of fruit and vegetables each day.
- Try having a 150ml glass of fruit or vegetable juice with a meal
- Add fresh, tinned or dried fruit on breakfast cereal or with yoghurt as a pudding
- Chop extra vegetables into pasta sauces, stews or casseroles
- Add grated carrot, sliced tomato or cucumber to sandwiches
- Have chopped vegetables as a savoury snack with a dip
- Create your own pizza topping using vegetables

#### Zinc:

- Try to have 1 serving of zinc-containing foods per day such as;
- A few slices of meat added to a salad/sandwich e.g. beef, pork or lamb
- 2 eggs (no more than 6 per week)
- 1 serving of baked beans
- 2 slices of bread

#### Iron:

- Iron is also found in other foods in addition to red meat, fish and eggs such as beans, pulses, green vegetables and dried fruit, but this form of iron is less easily absorbed.
- Vitamin C helps with the absorption of this type of iron

### Summary

Eating a balanced diet and having a healthy body weight will help to reduce the risk of developing a pressure ulcer. If you are overweight then it would be beneficial to try to lose weight gradually. If you are underweight then weight gain will help improve the padding over the bones. If you have a pressure ulcer, eating enough protein, vitamins and minerals alongside drinking enough fluid will help it to heal.

### Contact Information

Name of Clinician:.....  
Designation:.....  
Contact Details:.....

### Authors

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