

Ways to help ensure good nutrition and hydration

- Eat a healthy, balanced diet including all the five food groups each day
- Eat a wide variety of foods
- Drink six to eight glasses of fluid a day, e.g. water, juice, yoghurt, soup
- Keep fluids handy and accessible
- Sit upright when eating or drinking
- Ensure good dental hygiene
- Talk to a health professional if you have any concerns



This is a guide only and does not replace clinical judgment

References:

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Nutrition and Wound Healing

Information for clients, family and carers



Nutrition and Wound Healing

What is a wound?

- A wound is an injury to the skin and/or underlying tissue

How do wounds occur?

- Falls, accidents, knocks and bumps
- Surgery
- Underlying diseases (e.g. diabetes, poor circulation)

Why is good nutrition and hydration important?

- Good nutrition and hydration is essential for prompt healing of wounds
- Increasing age and illness may slow wound healing and increase the need for nutrients
- A wound increases the body's needs for energy and nutrients
- Dehydrated skin is less elastic, more fragile and more likely to break down



Which nutrients are important for wound healing?

Some nutrients are important in helping wounds to heal, including:

- protein
- vitamins and minerals

Protein

Wounds need protein, including arginine, to heal. You may need extra servings if you:

- have not been eating well
- have lost weight recently
- are underweight
- have a large or long-lasting wound

Good sources of protein are red meat, poultry, fish, dairy products, legumes, nuts, seeds and grains.

- Vegetarians should take special care to combine a variety of food sources to obtain all essential dietary needs

Vitamins and minerals

- A range of vitamins and minerals are needed for wound healing and are used in collagen and protein formation for new tissue
- Good sources are vegetables (five serves/day), fruits (two serves/day), wholegrains and cereals (four serves/day), and dairy products or equivalents (three to four serves/day)



Good nutrition and hydration is essential for wound healing