

Nutrition & Hydration



promoting healthy skin

Champions for Skin Integrity



Drink plenty of **fluids** (fluids can include water, jelly, soup, juice, ice-cream)

Have a variety of **healthy** snacks handy

Eat a balanced, healthy **diet** with adequate calories and protein

Sit **upright** when eating or drinking

Ensure good **dental** hygiene

Nutrients important for wound healing include:

- **Protein** (one to two serves per day, e.g. meat, dairy products, legumes, nuts)
- **Vitamins and minerals**—try:
 - five serves of vegetables daily
 - two serves of fruit daily
 - four serves of wholegrains or cereals daily
 - three to four serves of dairy or equivalents daily





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