

Ways to help ensure good nutrition and hydration

- Eat a healthy, balanced diet including all the five good groups each day (grains, vegetables, fruit, meat/legumes, dairy)
- Eat a wide variety of foods
- Drink recommended fluids – discuss what's right for you with your GP
- 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 people, 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?

- A wound increases the body's needs for energy and nutrients
- Good nutrition and hydration is essential to assist healing of wounds
- Increasing age and illness may slow wound healing and increase the need 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 heal, including:

- protein
- vitamins and minerals (e.g., vitamin C, vitamin D, folic acid, zinc)

Protein

Wounds need protein 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 nutrients.

Vitamins and minerals

A range of vitamins and minerals are needed for wound healing and are used in collagen and protein formation in new tissue.

Good sources are vegetables (5 serves/day), fruits (2 serves/day), wholegrains and cereals (4 services/day) and dairy products or equivalents (3-4 serves/day).



Good nutrition and hydration is essential for wound healing