

# Nutrition and Hydration



- ✓ Drink your recommended amount of fluids\* (fluids can include water, milk, jelly, soup, juice)
- ✓ Have a variety of health 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 (2 serves/day, e.g., meat, dairy products, legumes, nuts)
  - ✓ Vitamins and minerals, e.g.,
    - 5 serves of vegetables /day
    - 2 serves of fruit /day
    - 4 serves of wholegrains or cereals /day
    - 3 – 4 serves of dairy or equivalents /day



\* discuss with your doctor



School of Nursing, Faculty of Health  
Queensland University of Technology  
Kelvin Grove Qld 4059 Australia  
E: [woundresearch@qut.edu.au](mailto:woundresearch@qut.edu.au)

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## REFERENCES

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