

YOUR LOCAL HOSPITAL WOUND HEALING CENTER NUTRITIONAL SCREENING/GUIDELINES

Your initial nutritional screening indicates your diet may not be meeting your nutritional needs. Adequate nutrition is essential in wound healing. Protein is the “building block” for the cells in our body. Protein is necessary to repair worn out or injured tissue and to build new tissue.

The following information will assist you making wise food choices to enhance your bodies ability to heal your wound. If you are on a special diet: diabetic, renal (kidney), hepatic (liver), fluid restricted (CHF) check with your health care provider before making any changes in your diet. A dietitian from Bloomington Hospital will be happy to meet with you for more personalized instruction concerning your diet.

Your weight is (one Kg=2.2 lb.) _____ Height _____

Your ideal body weight is _____

Your protein needs are (1.5-2.0 gm per Kg) _____ grams per day

Your fluid needs are (30-35 ml or one ounce per Kg) _____ m. (ounces) per day

To meet your fluid needs you need _____ 8 ounces glasses of liquids per day. Be cautious with caffeine which can cause your body to lose fluids.

To meet your protein needs you need _____ gm of protein a day. Meat and dairy products are the greatest source of protein.

The following foods will provide 7-8 GMs of protein:

- | | |
|--------------------------------|-----------------------|
| -1 oz meet | -1 oz (slice) cheese |
| -1 egg or ¼ cup egg substitute | -2 Tbsp peanut butter |
| -1/4 cup tuna | -3 strips of bacon |
| -1/4 cup cottage cheese | -1 hot dog |
| -1 cup (8oz) milk | -1 cup (8 oz) yogurt |

An average portion of meat (hamburger, pork chop, ½ chicken breast) equals 3 oz or 21 GMs of protein.

Starches will provide 3 gms of protein per serving:

- 1 slice of bread
- 1/2 cup of pasta, rice, hot cereal
- 1/2 cup peas, corn, potatoes, beans
- 3/4 cup of cereal
- crackers (4-6)

Vegetables provide only 2 gms of protein per serving:

- 1/2 cup of cooked
- 1 cup raw
- 1/2 cup vegetable juice

Fruits are also importance in your diet for vitamin C, but do not provide protein.

Vitamin C, iron and Zinc are also very important in wound healing. The enclosed handout will assist you in choosing foods high in these areas.

(6-5-06)