

# Nutrient-Dense Foods

Good nutrition is an important part of wound-healing. During the healing process, your body needs increased amounts of calories, protein and vitamins.

## Did You Know?

During wound healing, 1.2-1.5 grams of protein per kilogram of body weight is recommended.

Depending on your weight, aim to eat around 30-35 grams of protein at each meal.

### Examples:

- 3 oz of chicken, fish or meat = 20-25 grams
- 1 cup of milk or yogurt = 8-10 grams
- 1 egg, 1 tablespoon of nut butter or 1 ounce cheese = 6-7 grams

## PROTEINS AND CARBOHYDRATES

- Meats: chicken, beef, pork, buffalo, wild game such as venison
- Dried beans, lentils, legumes
- Nuts, seeds
- Quinoa, buckwheat
- Tofu
- Seafood: Fish, scallops, shrimp, tuna, sardines
- Dairy products, such as milk and yogurt
- Fortified soy products
- Protein shakes

For more information, call:



VITAMIN A

- Liver
- Egg yolks
- Broccoli
- Peaches
- Carrots
- Greens
- Apricots
- Tomatoes
- Sweet potatoes
- Milk



VITAMIN C

- **Citrus fruits and juices:** orange, lemon, lime, grapefruit
- Kale
- Green/red peppers
- Cantaloupe
- Tomatoes
- Turnip greens
- Broccoli
- Cabbage
- Strawberries



VITAMIN B

- **B6:** Meat, poultry, fish, whole-grain breads and cereals
- **Folic acid:** liver, kidney, lean meats, eggs, dark green vegetables, whole-grain breads and cereals
- **B12:** Meat, poultry, fish, eggs, milk
- **Thiamin:** Whole-grain enriched breads and cereals, meats (especially pork), poultry, fish, eggs



ZINC

- Baked potatoes
- Dried beans
- Dried peas
- Fruit juices
- Milk
- Oatmeal
- Organ meats
- Rice
- Shellfish
- Spinach
- Sardines
- Raisins
- Sweet potatoes



IRON

- Liver
- Beef
- Pork
- Beans
- Peanuts
- Dried peaches
- Sardines
- Tuna
- Enriched bread/grains
- Eggs
- Oysters
- Raisins
- Spinach



COPPER

- Nuts
- Dried beans
- Dried fruit
- Whole-grain cereals
- Organ meat