NUTRIENTS NEEDED FOR ENHANCED WOUND HEALING

NUTRITION
AWARENESS
MONTH

Calories

You need about 15 calories per pound of body weight each day when you have a wound. For a 150-pound person, this adds up to 2,250 calories a day during wound healing.

(Multiply your weight by 15 to get a close calculation of your daily needs: 150 x 15 = 2,250)

Protein

Very important through all phases of healing, protein is required to promote new tissue growth. It is vital that you get adequate protein for wound healing to occur. During healing, it is recommended that you consume 1.2-1.5 grams of protein per kilogram, or 2.2 pounds, of body weight. For a 150-pound person, this adds up to 81-102 grams of protein daily. (150/2.2 = 68. 68 x 1.2 = 81.6; 68 x 1.5 = 102) Read your labels and add up the protein!

Fluids

You need to drink extra fluids to help your kidneys process the extra protein and replace fluids lost from your wounds. If you have heavily-draining wounds, you will need to drink even more. You need about 0.5 fluid ounces per pound per day. A 150-pound person would need 75 ounces a day during wound healing. Choose your fluids wisely and avoid sodas and sweetened drinks. Sugar has been shown to decrease the activity of your "infection fighting" cells, which will put you at higher risk for infection.

Vitamin C

You need 1,000 - 2,000 mg per day during the healing stage. It is best to obtain vitamin C from natural sources such as fruits and vegetables. Avoid drinking too much juice because you will be missing out on fiber, while possibly adding too much sugar. Eat the apple, if possible, versus drinking the apple juice.

Vitamin B-complex

Vitamin B complex helps to metabolize carbohydrates and proteins to produce energy, which is essential for cell growth. It also aids in the prevention of anemia (thereby increasing the oxygen supply to your wound).

Trace minerals

You need a trace of zinc, iron and copper for healing difficult wounds.

Arginine

This amino acid has been shown to enhance healing in certain people.

➲ FOR MORE INFORMATION