

## Ways to help ensure good nutrition and hydration

- Eat a healthy, balanced diet including all the five food groups each day
- Vary your meals and eat small meals or snacks frequently
- Drink 6 to 8 glasses of fluid a day, e.g. water, juice, yoghurt, soup
- Keep fluids handy and accessible
- 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:

AWMA, *Standards for wound management*. 2nd ed 2010, Osborne Park, WA: Cambridge Media

Trans Tasman Dietetic Wound Care Group, *Evidence based practice guideline for the dietetic management of adults with pressure injuries*. Review 1: 2011

AWMA, *Pan Pacific Clinical Practice Guideline for the Prevention and Management of Pressure Injury* 2012, Osborne Park, WA: Cambridge Media



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# Nutrition and Wound Healing

Information for clients, family and carers



# Nutrition and Wound Healing

## What is a wound?

- A wound is an injury to the skin

## How do wounds occur?

- Falls, accidents, knocks and bumps
- Surgery
- Underlying diseases (e.g. diabetes, poor circulation)

## Why is good nutrition and hydration important?

- Good nutrition and hydration is essential for prompt healing of wounds
- Older people take longer to heal and are more likely to be malnourished
- A wound increases the body's needs 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 to heal, including:

- Protein
- Vitamin A
- Vitamin C
- Zinc

## Protein

Wounds need protein, including arginine, 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 dietary needs.

## Vitamin C

A lack of Vitamin C may result in wound breakdown or delayed healing.

Good sources of Vitamin C include citrus fruits, berries, capsicum, parsley, broccoli, rockmelon, spinach.

## Vitamin A

Vitamin A is needed for tissue growth.

Good sources are liver, sweet potato, carrots, broccoli, leafy vegetables, rockmelon, eggs, and apricots.

## Zinc

Zinc is necessary for normal skin development. A lack of zinc is associated with slow wound healing.

Good sources are red meat, seafood, poultry, dairy products, sesame seeds and wholegrain cereals.

**Good nutrition and hydration is essential for wound healing**