Human BioSciences

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Nutrition and Wound Healing

We have all had minor cuts and scrapes. They heal up quickly and we don't think twice about it. However, there are some individuals that have more serious wounds and often require medical intervention. Serious wounds may include pressure ulcers, also known as pressure sores or bedsores, which develop over boney areas on the body — such as ankles, back, elbows, heels, and hips. These wounds are a risk for people who are bedridden, use a wheelchair, or are unable to change their position. People with diabetes also have a higher risk of developing foot ulcers that can take weeks or months to heal. They are at high risk for reoccurring infections, amputation, and even death. Controlling blood sugar levels help prevent wounds from developing and to supports healing and recovery. Healthy food choices may help with recovery by providing the energy, vitamin, mineral, and protein requirements necessary to promote healing. Plan healthy, balanced meals and snacks that include the appropriate amounts from each food groups..

Healthy Food Choices

- Protein
- Fruits
- Vegetables
- Dairy
- Grains

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.A registered dietitian or nutritionist can develop an individualized eating plan with optimum amounts of calories, protein, fluids, vitamins, and minerals for your specific needs.

Eating well during wound healing helps you heal faster and fight infection. During healing your body needs more calories, protein, fluid, vitamin A, vitamin C, and zinc. The best source of these nutrients is food. If you are not eating enough healthy food, you may need to take a supplement.