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### **BAKER FOOT SOLUTIONS SATILLITE FOOT CLINICS**

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## **NUTRITION TO PROMOTE WOUND HEALING**

Good nutrition is a necessary part of your healing process. The body needs calories and nutrients like protein, vitamins and minerals to build new tissue and heal your wound.

**IT IS IMPORTANT TO DRINK 6-8 GLASSES OF WATER EACH DAY AND TO USE ALCOHOL IN MODERATION.**

### **What Should you Eat?**

- Foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Lean meats, poultry, fish, beans, eggs, and nuts

### **How Much Food?**

There is a food Pyramid supplied by the US Department of Agriculture at [www.MyPyramid.gov](http://www.MyPyramid.gov) which can teach how many servings you should eat from each food group every day. Remember though if your physician has recommended a special diet for your diabetes, weight control or other medical reason, it is important to follow the provided diet.

### **What if you are having trouble eating well?**

- If the foods you use to eat not longer are appealing you may have experienced taste changes. Try a variety of new foods to find out what now tastes good to you.
- Make nutritious snacks, such as fruit or a glass of low fat milk, peanut butter on crackers or celery.
- Use nutritional can supplement to complement your diet. If you are having trouble finding one you like try adding milk or ice cream.
- Eat smaller meals and then snack between meals
- Take a multivitamin as directed by your provider

### **Referenced Websites:**

<http://www.mypyramid.gov>

[http://myclevelandclinic.org/healthy\\_living/nutrition/hic\\_nutritin\\_guidelines\\_to\\_improve\\_wound\\_healing.aspx](http://myclevelandclinic.org/healthy_living/nutrition/hic_nutritin_guidelines_to_improve_wound_healing.aspx)