



Queen Victoria Hospital
NHS Foundation Trust

Eating Well for Wound Healing



Introduction

The aim of this leaflet is to help you to have the correct diet to enable your wound to heal.

What you eat plays an important role in:

- looking after your skin
- improving your immune system to protect you against infection
- Reducing time in healing of wounds
- Controlling your weight
- Keeping you fit and healthy

No single food or food group can meet all your nutritional needs. A balanced diet, including the five different food groups, is required to obtain a full range of essential nutrients.

Choosing a balanced diet

Use the Eat Well plate to help plan your meals.

- All foods can be enjoyed as part of a healthy diet. It is important to eat a variety of foods to get the balance right.
- Try to eat something from each food group as listed on the centre pages.
- Eat regularly throughout the day. Base your meals on starchy foods, such as bread, potatoes, pasta, rice and breakfast cereals.
- Try to eat plenty of fruit and vegetables – at least five servings a day.
- Eat moderate portions from the protein and dairy groups; you will not need lots of extra protein unless you are still healing.
- It is important that you avoid dehydration. You need to drink at least six to eight cups of water a day. You could also drink tea, coffee, squash, fruit juice, herbal tea. This quantity could be higher depending on whether you are losing fluids from your wounds.

Still healing

The healing process can take up to a year after your injury/surgery. You must try to eat a balanced diet and drink well whenever possible. If you are still healing or need to increase weight you should aim to have two full fat puddings a day. If you are healed or want to maintain or lose weight choose fruit based desserts and lower fat milk based desserts.

You will need extra protein and energy to heal, so make sure you choose food from the:

- Meat, fish and alternatives group
e.g. meat, fish, poultry beans.
- Fatty and sugary foods group
e.g. sugary drinks, crisps, sweets, chocolate.
- Milk and dairy foods group
e.g. full cream milk, cheese, yoghurts.

If you do not feel like eating

- Eat smaller meals and snacks more often, for example every two to three hours.
- Fortify your foods with extra protein and calories.
- Oatcake or toast.

Snacks

- Having snacks in between your meals is a useful way to increase calories and nourishment. Examples include:
- Glass of full-fat or enriched milk and a biscuit or cake.
- Peanuts or mixed nuts with raisins.
- Biscuits or crackers with spreadable or cream cheese.
- Chocolate bar or other sweets.
- Breakfast cereal or porridge with milk or cream and sugar.
- Flavoured milk drinks.
- Toast, scone or scotch pancake with margarine/butter, cream/jam.

Fruit and vegetables

- Fruit and vegetables are a great source of vitamins and minerals.
- Aim for at least 5 portions daily.
1 portion is equal to:
A small / dessert bowl of salad.
2 tblsp of raw, cooked, frozen or canned vegetables.
A small glass of fruit juice.
1 medium piece of fruit, e.g. an apple, banana, orange.

Meat, fish and alternatives

- These are a good source of protein vitamins and minerals, especially iron. Protein is important for maintaining and repairing body tissues
- 2-3oz lean meat, poultry or oily fish
- 4-5oz white fish
- 2 eggs (up to 7 a week)
- 3 tblsp beans/lentils or dahl
- 2 tblsp nuts/peanut butter

The Eat V



Fatty and sugary

- These are a valuable source of energy but need to be consumed in moderation to avoid unintended weight gain.

Well Plate



foods

These foods are a good source of energy. If you eat them regularly, they can help you maintain your weight or prevent weight loss.

Bread other cereals and potatoes

- These foods should be the main source of energy in our diets. They provide B vitamins, some calcium, iron and fibre.
- Include these as a main part of every meal.

Milk and dairy foods

- In addition to providing most of your calcium, these are also a good source of protein, other vitamins and minerals.
- Try to include at least 3 portions daily
- 1 portion is equal to:
 - 1oz (25g) piece of cheese.
 - 1/3 pint (200ml) milk.
 - 125gl pot of yoghurt/fromage frais/cottage cheese.

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How to fortify your food

Fortified milk; to one pint of full cream milk add two to four tablespoons of powdered milk. This can be used to make drinks, custards, puddings or on breakfast cereals.

- Add to soup grated cheese, cream, milk powder, baked beans or lentils
- Add to potatoes and vegetables garted cheese, cream, margarine or butter, salad cream and fried onions.
- To milk based sauces:
- Cream, evaporated milk, grated cheese, butter, margarine.
- Add to breakfast cereals; enriched milk, evaporated milk, yoghurt, syrup, honey, sugar, fresh or dried fruit.
- Add to puddings; cream, custard, margarine/butter, evaporated or condensed milk, ice-cream, yoghurt, jam, honey, syrup or dried fruit.

To help you increase the calories in your daily food

- Fats and sugars provide energy and make foods taste good so use butter, margarine, cream and fried foods generously. Add butter/margarine to vegetables, use thickly on bread and fruit loaf.
- Cakes, pastries, biscuits, chocolate, crisps give extra energy, but take care that they don't spoil your appetite for more nourishing foods.
- Have a pudding twice a day such as yoghurt, milk pudding, cake, trifle, fruit pie, sponge pudding with custard, milk jelly, mousse and yoghurts.

Nourishing drinks

Enriched drinks are sold in chemists and supermarkets. Flavours include:

Original

Vanilla

Strawberry

Chocolate

Banana

Vegetable

Tomato

Potato and leek

Chicken

Peach and raspberry

These may be taken as a drink between meals or occasionally be used to replace a meal. The natural or unflavoured varieties may be added to puddings and soups.

Drinks ideas

Banana cream

1/3 pint of full-fat or enriched milk

1 scoop of ice cream

1 small ripe banana

1 teaspoon sugar

- Peel and mash the banana
- Mix in all other ingredients until blended. Serve chilled.

Fruity float

½ glass fresh fruit juice

1 teaspoon sugar

½ glass of lemonade

1 scoop ice cream

- Mix all ingredients together
- Service chilled

Chocolate mallow

1/3 pint full-fat or enriched milk

2 teaspoons sugar

1 tablespoon drinking chocolate

4 marshmallows

- Blend together the drinking chocolate and sugar with a little milk. Heat the remaining milk with 2 marshmallows and add to the chocolate, stirring all the time.

Enriched milk shake

1/3 pint full-fat or enriched milk

Milk shake syrup/powder

- Mix ingredients together and service chilled. Add a scoop of ice cream if desired.

Mango Shake

1/3 pint full-fat or enriched milk

1 scoop of ice cream

1 fresh or canned mango

1 teaspoon of sugar

- Peel and mash mango
- Mix in all other ingredients until blended
- Serve chilled

Badam doodh (Almond milk)

¼ cup blanched/ground almonds

1 cup full-fat or enriched milk

Pinch of green cardamom powder

Honey or sugar to taste

¼ teaspoon powdered pistachio nuts

- If using blanched almonds, grind them with a few drops of milk in a blender or food processor
- Add all the remaining milk to the ground almonds and blend again.
- Transfer the almond and milk mixture to a pan and add cardamom powder

- Bring to the boil and simmer for 5 minutes on a low heat, stirring occasionally
- Sieve into a cup/glass and add honey or sugar
- Whisk until frothy and top with powdered pistachio nuts
- Serve hot or cold (chilled in the fridge for 2 hours)

Suggested meal plans

Breakfast

A small glass of unsweetened fruit juice or fresh fruit with a choice of:

- Porridge.
- Cereal served with milk for example porridge or cornflakes with sugar.
- Wholegrain, wholemeal or granary bread or toast with a spread.
- Croissant with margarine/butter and jam, marmalade, peanut butter, banana, scrambled egg or spreadable cheese.
- A filled roll with bacon sausage, egg or cheese.
- Missi roti (with added margarine/butter) or stuffed paratha with full-fat yoghurt.

Lunch

- Soup such as vegetable, lentil or pea and ham with one or two slices of bread.
- A wholegrain or wholemeal or granary roll or sandwich with a healthy filling such as tuna, lean cooked meat, thinly sliced cheese and/or salad.
- Macaroni cheese with grated cheese and tomato.

Dessert

- Full fat yoghurt.
- Fresh fruit.
- Milk puddings for example custard, rice pudding, semolina, sago, kheer or gajerla
- Individual desserts such as trifle, chocolate mousse or ice cream.
- Fruit sponge, cake or pie with custard, cream or ice cream.
- Canned or stewed fruit with custard, evaporated milk, cream or

- ice cream
- Halva, baklava or other sweet pastries or confectionary.

High protein desserts

- Milk puddings.
- Creme caramel.
- Sponge and custard.
- Mousse.
- Milk jelly.

Evening meal

- Pasta, boiled rice or boiled baked potato(es) with meat, poultry, fish or pulses.
- A variety of vegetables and/or salad.

Desserts

- Fruit, fresh or tinned in natural juice.
- Full fat yoghurt.

High protein puddings

- Milk puddings.
- Creme caramel.
- Sponge and custard.
- Mousse or
- Fruit and custard.

Easy meals

- Toast with scrambled egg, bacon, cheese, spaghetti, baked beans or peanut butter
- Sandwich, roll or pitta bread. Try different fillings such as cheese, egg, cold meat, tuna, aloo tikka, fish pakora or tandoori chicken pieces and salad
- Canned or homemade soup with a filled roll or sandwich
- Kichdi, dosa or dhokla
- Omlette or quiche with vegetables or salad

- Jacket potato with cheese, tuna mayonnaise, baked beans, coleslaw, sandwich fillers or egg mayonnaise
- Cauliflower cheese, macaroni cheese or canned ravioli with grated cheese and tomato
- Corned beef hash or stovies
- Stew, casserole and minced beef or chicken supreme with potatoes and vegetables
- Boil in the bag, frozen or oven ready fish with sauce, vegetables and waffles or creamed potatoes
- Pie, burger, pizza, sausage roll or shish kebabs
- Sausage and baked beans with chips or mashed potatoes
- Stir-fry chicken, beef or pork with vegetables in a black bean or sweet and sour sauce, with rice or noodles

Food with high vitamin content

- A small glass of fresh fruit juice or squash containing vitamin C
- Chopped banana or dried fruit with cereal
- Fresh, dried or canned fruit as a snack
- Apples or grapes with cheese as a snack
- Canned or stewed or fresh fruit as part of a pudding
- Vegetable soup – adding cream, grated cheese or ordinary full-fat milk increases the energy
- Salad or tomato in sandwiches – spread on mayonnaise or salad cream for extra calories
- Vegetables with your main meal – top with sauce, margarine or grated cheese for more energy

Once your weight, appetite and wound have improved sufficiently a healthier diet should be followed as per the Eat Well Guide on page 2.

Vitamin and mineral supplements

You may have been prescribed vitamin and mineral supplements. Please ask your Dietician how long you need to take them. As a general rule, they are no longer necessary if you have healed.

Healed

Once you have healed, you should go back to a healthy diet, following the Eat Well Guide. At this stage it is easy to gain weight rapidly, especially if you stay on a high fat diet and your activity levels are low.

If you would like advice on this change of diet and lifestyle, please contact your Dietician.

Dietetics contact telephone number: 01342 414445

Please ask if you would like this leaflet
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