



Queen Victoria Hospital
NHS Foundation Trust

Eating Well After Your Burn Injury





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 fluid for example tea, coffee, squash, fruit juice, herbal tea or water a day. This quantity could be higher depending on whether you are losing fluids from your wounds.

Eatwell Guide

Check the label on packaged foods

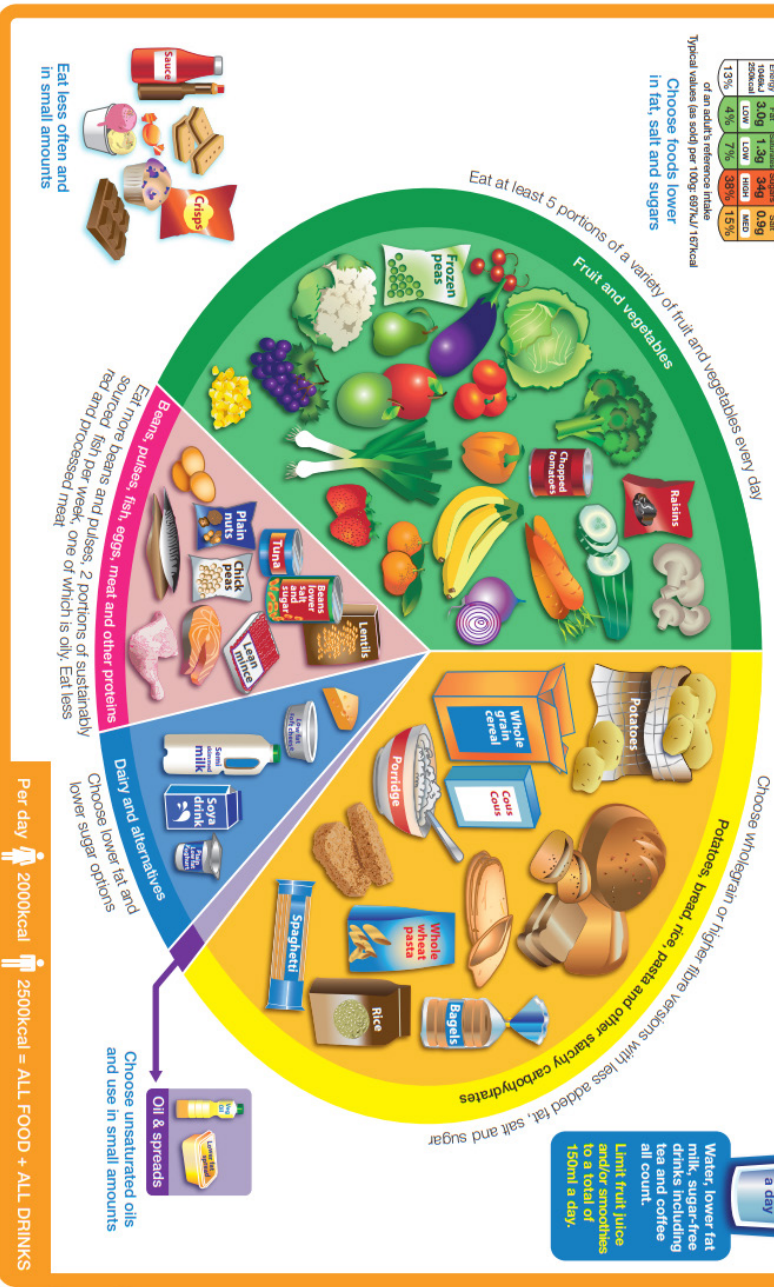
Each serving (150g) contains

Energy	Fat	Salt
320kJ	1.3g	0.3g
77kcal	Low	Low
13%	4%	15%

of an adult's reference intake

Typical values (as sold) per 100g (80kcal / 167kcal)
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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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 good sources of protein, vitamins and minerals especially iron.
- Protein is important for maintaining and repairing body tissues Sufficient protein is important in wound healing Include 2-3 portions daily
1 portion is equal to:
2-3oz lean meat, poultry, oily fish
4-5oz white fish
2 eggs (up to 7 a wekk)
3 tblsp beans/lentils or dahl
2 tblsp nuts/peanut butter

Fatty and sugary foods

- These are a valuable source of energy.

Bread other cereals and potatoes

- These foods should be the main source of energy in our diets. They also provide B vitamins, some calcium and iron.
- 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, vitamins and minerals.
- Try to include at least 3 portions daily
1 portion is equal to:
1/3 pint (200ml) milk.
Small pot of yoghurt/fromage frais/cottage cheese.
1oz (25g)/matchbox size piece of cheese.

Suggested meal plans

Breakfast

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

- Porridge
- Cereal served with milk
- Wholegrain, wholemeal or granary bread or toast with a spread

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

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

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.

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

- Meat, fish and alternatives
e.g. meat, fish, poultry, beans
- Fatty and sugary foods
e.g. sugary drinks, crisps, sweets, chocolate
- Milk and dairy foods
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 between your meals is a useful way to increase calories and nourishment

- Glass of full-fat or enriched milk and a biscuit or cake.
- Peanuts or mixed nuts with raisins.
- Biscuits or crackers with spreading 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.

How to fortify your food

- Fortified milk
To one pint of full cream add two to four tablespoons of powdered milk. This can be used to make drinks, packet soups, sauces, jelly, custards, milk puddings, porridge or breakfast cereals.
- Add to soup
Grated cheese, cream, crème fraiche, milk powder, baked beans or cooked lentils.
- Add to potatoes and vegetables
Grated cheese, cream, crème fraiche, pesto sauce (from jar,) olive oil, margarine or butter, salad cream, mayonnaise, milk based sauces and fried onions.
- Add to breakfast cereals
Enriched milk, evaporated yoghurt syrup, honey, sugar, seedless jam, fresh or dried or pureed fruit.
- Add to puddings
Cream, custard, margarine/butter, evaporated or condensed milk, ice-cream, full fat or Greek yogurt, jam, honey, syrup, diced fruit, chocolate sauce, sorbet.
- To milk bases sauces
Cream, evaporated milk, grated cheese, butter, margarine.

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.

Healed

Once you have healed, you should go back to a healthy diet, following the Eat Well plate. 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.

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.

Personal target/ Action plan

Patient's name

Date

Weight record

You should weigh yourself once a week, in the morning before having breakfast.

Be careful not to gain or lose too much weight too quickly.

Date	Weight	Weight change	Comments

Your weight should stay the same throughout treatment. If your weight changes, please let the nurse know.

Please ask if you
would like this leaflet
in larger print or an
alternative format.

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