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Healthy Nutrition

Tips from the Wright & Filippis
Registered Dietitian

Whether recovering from surgery or you have pressure ulcers or diabetic foot ulcers, a healthy diet is essential. Adequate protein, vitamin C and zinc are needed for building new skin. Sufficient water is required to move the nutrients to the healing areas. If you have a good appetite, you should be able to meet increased needs if you choose plenty of the following foods and drink eight cups of fluid daily.

For Good Sources of...

Protein

- Meat, poultry and fish
- Milk, cheese and yogurt
- Soy milk, tofu and other protein-containing soy foods
- Legumes (dried peas and beans)
- Nuts, nut butters and seeds

Talk to your doctor, registered dietitian or wound care specialist before increasing protein if you have kidney disease. Excess may be harmful.



Vitamin C

Fruits:

- Citrus fruits and juice
- Strawberries and other berries
- Cantaloupe and watermelon
- Pineapple
- Guava, papaya and mango

Vegetables:

- Tomatoes and tomato products
- Broccoli
- Bell peppers, all colors
- Sweet and white potatoes
- Winter squash
- Dark green, leafy vegetables

Talk to your doctor before taking supplements. Excess vitamin C can cause diarrhea and kidney stones. It can also alter absorption or action of other vitamins and prescription medicines.

Zinc

- Meat, liver and seafood
- Eggs, milk, cheese and tofu
- Whole grain foods, wheat germ and wheat bran
- Pumpkin seeds and sunflower seeds

Talk to your doctor before using supplements. Excess zinc can interfere with copper, iron and antibiotic absorption and reduce immune function.



If Your Appetite is Poor

- Eat small amounts frequently.
- Choose foods with a lot of calories in a small serving such as peanut butter, nuts and seeds.
- Include a protein source at snacks as well as meals.
- Talk with your doctor or registered dietitian about liquid nutritional supplements.
- Ask your doctor if you need vitamin, mineral or protein supplements.

If you have diabetes, keeping blood glucose in tight control may help your skin to heal more

quickly and prevent further skin problems. Work with your doctor to establish your target blood glucose goals and a treatment plan. Request a referral to a registered dietitian and/or diabetes self-management program to learn about diet, exercise and blood glucose monitoring.



Recommended Resources

The AGS Foundation for Health in Aging

(212) 755-6810

www.healthinaging.org/agingintheknow

American Diabetes Association

(800) 342-2383

www.diabetes.org

Registered Dietitian's Wound Resource Center

www.RD411.com

USDA Nutrition Information

(888) 779-7264

www.mypyramid.gov

To increase calories: use extra oil in cooking and eat calorie-dense foods such as seeds, nuts, nut butters and dried fruit.

To increase protein: snack on seeds, nuts, nut butters, cheese, yogurt or hard boiled eggs.

Super Pudding Recipe

2 cups whole milk
2 Tbsp. vegetable oil
1 package instant pudding
 $\frac{3}{4}$ cup non-fat dry milk powder

Blend milk and oil. Add pudding. Mix well and chill until set.

$\frac{1}{2}$ cup = 250 calories and 8.5 grams protein.

Super Shake Recipe

1 cup whole milk
1 cup ice cream
1 package instant breakfast powder

Mix ingredients well in blender.

One serving = 550 calories and 17.5 grams protein.



If you have diabetes, consult a dietitian for advice on carbohydrate intake and using sugar-free products.



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