



Client Education and Resources

Nutrition for Wound Healing Websites

The British Columbia Provincial Registered Dietitian Wound Committee has pulled together this list of websites to support finding information for healthy food choices when healing a wound.

Canada's Food Guide (August 2025). Available at: <https://food-guide.canada.ca/en/> The food guide supports over 30+ cultural groups.

First Nations Health Authority. (n.d.). Traditional foods fact sheets. Available at: https://www.fnha.ca/Documents/Traditional_Food_Fact_Sheets.pdf

Health Canada. (August 2021). Health promotion – Facts on fluids: How to stay hydrated. Available from: <https://www.canada.ca/en/department-national-defence/corporate/news/regional-news/western-sentinel/2021/08/facts-on-fluids-how-to-stay-hydrated.html>

HealthLinkBC. (April 2022). High protein for wound healing. Available at: <https://www.healthlinkbc.ca/health-topics/high-protein-foods-wound-healing>

HealthLinkBC (January 2023). Chewing and swallowing difficulties. Available at <https://www.healthlinkbc.ca/healthy-eating-physical-activity/conditions/digestive>

Indigenous Diabetes Health Circle. (2019). Iron and protein handout. Available at <https://idhc.life/wp-content/uploads/2020/08/2019-10-11-Iron-Protein.pdf>

Nuu-Chah-Nulth Tribal Council. (Nov 2020). High protein handout. Available at: <http://nada.ca/wp-content/uploads/Protein-Handout-NTC-1.pdf>

Older Adult Nutrition Screening. (2022). Consider a High Protein, High Energy Diet order for inpatients/Residents. Available at [Healthy Eating Factsheet for Older Adults](#).

Primary Care Dietitians' Association. (n.d.). Nutrition and Hydration Tips on your Road to Recovery. Available at: https://nutritioncareincanada.ca/sites/default/uploads/files/Malnutrition%20Toolkit/Tips_for_Nutrition_and_Hydration.pdf

Provincial Registered Dietitian Wound Committee (July 2025). Client Health Education Resource: What to Eat When Healing A Wound. Available at: <https://www.clwk.ca/get-resource/what-to-eat-when-healing-a-wound-cher/>