

## Client Health Education Resource

# What to Eat When Healing a Wound



Nutrition plays an important role in skin health and healing wounds. When your body has a wound, you need more calories (energy), protein, fluid and certain vitamins and minerals to help with healing.

## Calories (Energy)

Calories come from carbohydrates, protein, and fats in foods. Eating enough calories allows the protein you eat to be used more effectively for wound healing.

- Including a variety of foods in your diet will help you meet your calorie needs and provide the materials needed to heal your wound.
- Good sources of carbohydrates include grain products (such as rice, pasta, bread, quinoa, potatoes), fruits, milk, and plant-based drinks.
- Good sources of fat include avocados, oils, margarine, butter, mayonnaise, and nuts.

## Protein

Protein supplies your body with the right materials to build tissue and repair your skin, protect muscles, and help you fight infections.

- Protein rich foods should be eaten as part of every meal and snack (see next pages for a list of high protein foods).
- Protein powder or skim milk powder can be added to your food or beverages to help meet your protein goals.
- Check the Nutrition Facts panel found on the food's label to determine how many grams of protein are in each serving of foods you eat regularly.
- Check the **serving size**:  
Always compare the serving size on the Nutrition Facts panel to the amount that you eat. The panel lists the amount of protein per serving of food not the amount in the package or container.
- Check the **protein**:  
Keep track of the total amount you eat each day.

Nutrition Facts	
Serving size	1 Cup (250ml)
Amount Per Serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0.1g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 5mcg	<b>25%</b>
Calcium 350mg	<b>25%</b>
Iron 0mg	<b>0%</b>
Potassium 400mg	<b>8%</b>
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Vitamins and Minerals

Zinc, Vitamin C, and Vitamin A play an important role in healing wounds. You will get enough of these nutrients from a variety of food when you are meeting your calorie (energy) and protein needs.

A daily multivitamin/mineral supplement can help healing, especially if you are eating less than usual. Examples include Centrum Forte®, Centrum Select®, and Jamieson Regular Vita-Vim™.

## Tips for Eating

- Make the most of each bite by choosing high protein, nutrient rich foods.
- Eat more often, for example every 2 to 3 hours, to help you meet your calorie and protein needs.
- Try frozen or packaged meals if you feel too tired to cook. Meal and grocery delivery services may also be helpful.
- For quick and easy snacks, try prepared items such as protein bars, beef jerky, yogurt cups, cheese, dessert tofu, hummus, nuts, or trail mix.
- Protein supplement drinks (such as Boost®, Ensure®, Muscle MILK®, Core Power®, and Vega®) are portable, convenient sources of protein, calories, and other nutrients needed for healing. These supplements are available as powders, drinks, or puddings.
- For a tasty high calorie, high protein shake, blend your favourite smoothie ingredients with a supplement drink, high protein milk, or a plant-based milk of your choice (milk with at least 7 grams of protein per 1 cup serving).
- For extra calories, add full fat yogurt, ice cream, nut or seed butter, or avocado.
- Choose fresh and frozen fruit when possible as they contain more vitamins, minerals, and antioxidants for healing compared to canned fruit or fruit juices.
- Limit foods like pop, iced tea, chips, chocolate bars, and sweets because they are low in the nutrients needed for healing.

*Note: If you would like more information, please contact a Registered Dietitian, a food & nutrition professional, especially if you are losing weight that has not been planned and/or your wound is not healing.*

## Choosing Foods High in Protein

The following list is intended to help you choose foods that are high in protein. You should also read the Nutrition Facts panel on the food's label to see how many grams of protein are in each serving of the food you eat regularly.

Your total protein needs are \_\_\_ grams per day. Canada's Food Guide recommends choosing protein foods that come from plants more often.

Very High Protein Foods more than 20 grams per serving	Serving Size
Beef, pork or chicken (boneless), wild meat, cooked	90 grams (3 oz)
Fish and shellfish, cooked	90 grams (3 oz)
Dry curd cottage cheese	125 grams (½ cup)

**Hint:** 90 grams of cooked meat is about the size of a deck of cards.

High Protein Foods 10 to 20 grams per serving	Serving Size
<b>15 to 20 grams</b>	
Greek yogurt or Skyr Icelandic® yogurt	175 grams (¾ cup)
Cottage cheese (1%, 2%, or non-fat)	125 grams (½ cup)
Beyond Meat® burgers or sausages	1 patty or 1 sausage
Beans, lentils, chickpeas (cooked from dry) or edamame (frozen)	250 mL (1 cup)
Tofu (extra firm, smoked, pressed), tempeh, or paneer	90 grams (3 oz)
Quest® Tortilla Style Protein Chips	1 snack bag
<b>10 to 15 grams</b>	
Ultrafiltered milk: Fairlife®, Joyya™ by Dairyland	250 mL (1 cup)
Canned beans or chickpeas	250 mL (1 cup)
Canned tuna (drained)	60 grams (½ can)
Soy burgers	1 patty
Ricotta cheese	120 grams (½ cup)
Eggs (large)	2

<b>Moderate Protein Foods 5 to 10 grams per serving</b>	<b>Serving Size</b>
Beef jerky (or turkey jerky)	30 grams (1 oz)
Cow's milk (skim, 1%, 2%, whole, flavoured) or Soy beverage	250 mL (1 cup)
Quinoa or green peas (cooked)	250 mL (1 cup)
Nuts and seeds (e.g., almonds, cashews, pumpkin, hemp)	30 grams (¼ cup)
Nut and seed butters (e.g., peanut, almond, sunflower, tahini)	30 mL (2 Tbsp)
Yogurt (plain or flavoured)	175 grams (¾ cup)
Cheese, hard or soft (e.g., cheddar, gouda, brie, chèvre, etc.,)	30 grams (1 oz)
Garden veggie burgers	1 patty
Dessert tofu	150 grams (1 pkg)
Hummus	60 grams (4 Tbsp)

<b>Minimal Protein Foods less than 5 grams per serving</b>	<b>Serving Size</b>
Some plant-based beverages (e.g., almond, cashew, coconut, oat)	250 mL (1 cup)
Coconut yogurt	175 grams (¾ cup)
Chia seeds	15 mL (1 Tbsp)
Avocado	½ fruit
Broccoli (cooked)	80 grams (½ cup)
Cream cheese	15 mL (1 Tbsp)

<b>Protein Supplement Powders</b>	<b>Serving Size</b>
<b>Greater than 20 grams</b>	
Whey protein, unflavoured collagen powder (e.g., Organika®)	30 grams (1 scoop)
Vegetable powder (e.g., Vega® (Sport), Iron Vegan® (Athlete's Blend or Gainer), Garden of Life® (Fit, Sport, or Raw Organic Protein), goodprotein®)	30 grams (1 scoop)
Pea protein powder	30 grams (1 scoop)
<b>10 to 20 grams</b>	
Skim milk powder	30 grams (4.5 Tbsp)
Cricket powder	20 grams (3 Tbsp)
Vegetable powder (e.g., Vega® (One, Essentials, Protein and Greens), Iron Vegan® (Sprouted Protein), Garden of Life® (Raw Organic All-In-One Shake))	30 grams (1 scoop)
Soy protein powder	20 grams (1 scoop)
Hemp protein powder	20 grams (3 Tbsp)

<b>Protein Supplement Drinks - Single Serving</b>	<b>Serving size</b>
<b>Greater than 20 grams</b>	
Muscle MILK® (Genuine, Pro-series), Ensure® Protein Max, Boost® 2.24, Core Power® (High Protein Milkshake, Elite), Premiere Protein®	1 bottle
<b>10 to 20 grams</b>	
Boost®, Ensure®, Resource 2.0, Fairlife® Nutrition Plan	1 bottle
Sperrri™, Rumble® Supershake, OWYN®	1 bottle

<b>Protein and Energy Snacks</b>	<b>Serving Size</b>
<b>10 to 20 grams (Protein bars)</b>	
PowerBar® Protein Plus, or Pure Protein® Kirkland Signature Protein, Rx Bars	1 bar
Vega® (Protein bar or Sport protein bar), Iron Vegan protein bar, Simply Protein Bar	1 bar
<b>5 to 10 grams (Energy bars)</b>	
LÄRABAR®, KIND® bars (contain honey), or LUNA® bars, CLIF® Bar or Nut butter filled) CLIF® Builder's	1 bar

## Menu Ideas

	<b>Food Suggestions</b> Includes animal and plant based foods	<b>Protein</b> Approximate grams
<b>Breakfast</b>	Fruit smoothie with 1 scoop* whey protein powder with 1 piece of toast with 1 Tbsp peanut butter or 1 cup cooked oatmeal with berries and 2 Tbsp seeds with 1 cup soy beverage	25-35
<b>Snack</b>	2 oz cheddar cheese or 2 Tbsp nut butter Apple slices	8-14
<b>Lunch</b>	Sandwich (2 eggs or ½ can fish or plant-based burger) Vegetables 1 cup cow's milk or soy beverage	22
<b>Snack</b>	¾ cup Greek yogurt with fruit or Plant-based protein bar	15 - 20
<b>Dinner</b>	3 oz cooked meat, fish, poultry, firm tofu or tempeh 1 cup rice, pasta, potatoes, or quinoa Vegetables	25
<b>Snack</b>	1 cup milk or soy beverage with 1 scoop of protein powder**	30

**Total: 125 - 145 grams**

\*A scoop is approximately 30g which provides approximately 25g of protein

\*\*Check the protein powder's nutrition label for the amount of protein provided



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decisions together  
with patients  
and families

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