



Why is deadly tucker (nutrition) important for your wound?

Good food to help your wound get better

- All wounds need good nutrition
- Good food reduces the risk of infection and helps with quicker healing

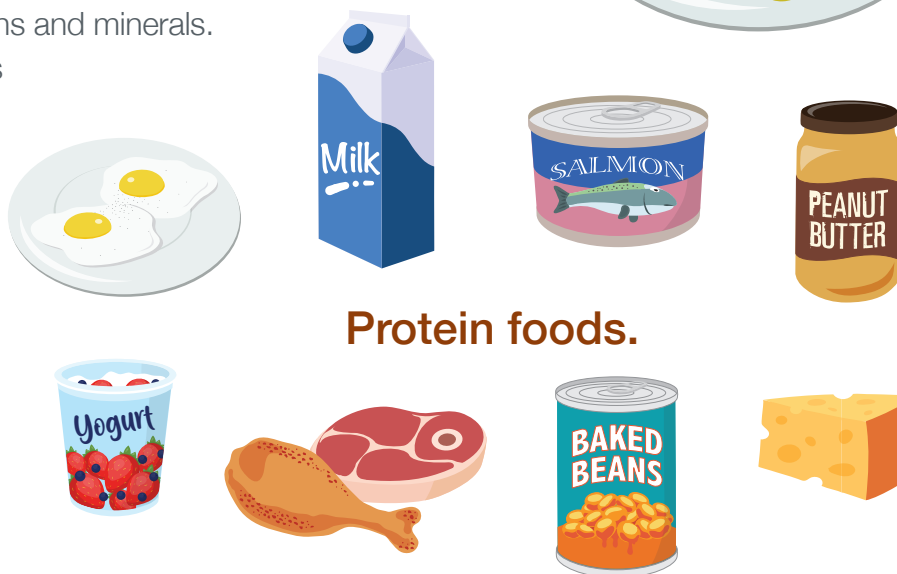
- 1 Include fruit and vegetables for vitamins and minerals.
- 2 Try to eat regularly and not skip meals
- 3 Tell your health team if you have lost weight without trying to
- 4 Have some protein in most meals



Protein foods

Protein is the building blocks to growing the new tissue.

Protein foods are yoghurt, milk, cheese, nuts and seeds, peanut butter, beans (baked beans, chickpeas, lentils, soup mix, kidney beans), meat, kangaroo, chicken, fish, eggs and tofu.



Protein foods.

What is a wound?

There are 2 main types of wounds – open or closed.

An open wound is any damage to the skin surface such as a cut, tear, scratch or ulcer. A closed wound is caused by trauma which creates bruising or injury beneath the surface of the skin.

Some wounds may be caused through underlying conditions such as diabetes or vascular disease; others may be caused by pressure or hospital procedures such as surgery.

All wounds should be managed with care to make sure it heals well.

Don't forget - these are important too

Check your wound

Follow the advice of your doctor for regular wound checking.

If you notice your wound is not healing or the pain has increased, see your doctor or health clinic.

Medications and supplements



Take your medication and supplements as prescribed by your doctor. Finish the full prescription of antibiotics if they have been prescribed.

Ask if you need any vitamin, mineral or nutrition supplements.

If you have been in hospital, you may have been prescribed nutrition supplements by a dietitian.

Nutrition supplements can include a protein drink or protein powder.

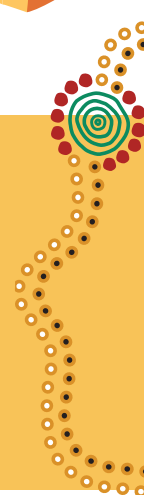
Diabetes and wound healing



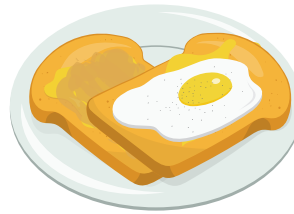
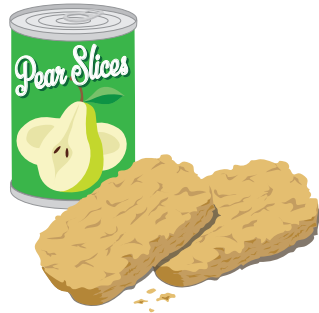
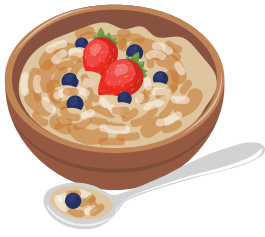
Diabetes can affect your body's ability to heal wounds.

To assist with healing, aim for blood sugar levels 4 – 10mmol/L most of the time. If your blood sugar levels are high, talk to your doctor and care team on how to bring them down slowly.

Have a look at the meal plan on the back page for what this could look like.

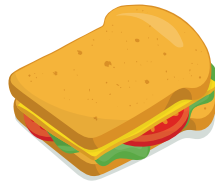
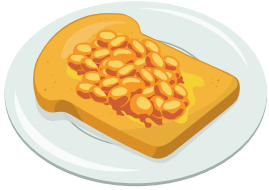


Breakfast



- porridge
- muesli/oats
- weetbix
- toast with:
 - peanut butter
 - egg
 - baked beans

Easy, quick or take-away



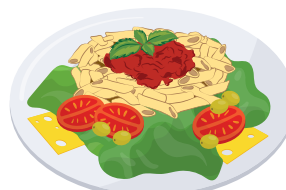
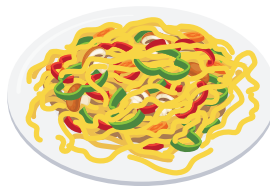
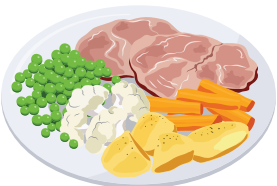
- Sandwich and wraps with cheese/meat and salad
- toast (see options above)
- pre-made soup (canned, pouch or cold)
- stuffed potato
- frozen meal

Snacks



- nuts
- muesli bar (oats and nuts)
- toast
- fruit
- milk or milky coffee
- yoghurt
- crackers, veggies with
 - dip (hummus or bean based)
 - cheese (plain, cottage, light cream cheese)
 - egg
 - canned fish

Main meals



- casserole and stews
- noodle and vegetable stir-fry
- fish and vegetables
- cold meat and salad
- curry with vegetables
- spaghetti with salad

Aboriginal Community Health Team

9278 9922