

## Nutrition Guidelines for Wound Healing After Surgery

Nutrition is needed during wound healing. It is important to eat enough protein, vitamin C, vitamin A, and zinc to supply your body with the nutrients it needs to heal your wounds and prevent infection. Below are several lists of foods that contain these nutrients. You will notice that some foods appear in more than one list.

The following recommendations should be used in conjunction with your other post-operative diet instructions. Please ask your healthcare team or dietitian if you any questions.

### ★ Protein

Protein is found in animal products such as dairy, meat, and poultry, and in some vegetables and legumes such as peanut butter, beans and nuts. It is recommended that you consume 60-100 grams of protein every day. If you are not able to reach the recommended goal, your healthcare team may recommend a nutritional drink such as Boost® or Ensure®.

#### Foods High in Protein

Food	Amount of Protein
Meat (3 ounces)	21 grams
Fish (3 ounces)	21 grams
Poultry (3 ounces)	21 grams
Milk (8 ounces)	8 grams

Food	Amount of Protein
Peanut butter (2 tablespoons)	8 grams
Legumes (1/2 cup)	7 grams
Seeds (1/4 cup)	6 grams
Nuts (1/4 cup)	5 grams

### ★ Vitamin C

Eating a diet that includes fruits, vegetables, and foods with vitamin C added, can provide all of the vitamin C needed for wound healing. It is recommended that you consume 500 milligrams of Vitamin C every day.

**Do not take vitamin C supplements unless directed by the healthcare team.**

#### Foods High in Vitamin C

Food	Amount of Vitamin C
Cantaloupe (1/2)	113 milligrams
Red bell pepper (1/2 cup)	95 milligrams
Orange (1 medium)	70 milligrams
Bell pepper (1/2 cup)	66 milligrams
Pineapple (1 cup)	56 milligrams

Food	Amount of Vitamin C
Watermelon (1 inch slice)	46 milligrams
Strawberries (1/2 cup)	42 milligrams
Potato (1)	26 milligrams
Cabbage (1 cup raw)	22 milligrams
Tomato (1/2 cup)	11 milligrams

## ★ Vitamin A

Vitamin A can be measured in three ways: international units (IU), retinol equivalents (RE) or micrograms (mcg). It is recommended that you consume 900 RE (900 micrograms is the same as 3,000 IU) of vitamin A every day. Too much vitamin A can build up and be toxic. **Do not take vitamin A supplements unless directed by the healthcare team.**

### Foods High in Vitamin A

Food	Amount of Vitamin A		
Sweet potato (1/2 cup)	1400 RE	1400 mcg	4662 IU
Carrots (1 medium)	1015 RE	1015 mcg	3380 IU
Kale (1/2 cup boiled)	240 RE	240 mcg	799 IU
Mango (1/2 medium)	200 RE	200 mcg	666 IU
Spinach (1 cup raw)	185 RE	185 mcg	616 IU

Food	Amount of Vitamin A		
Milk (1 cup Skim)	150 RE	150mcg	500 IU
Cantaloupe (1/2 cup)	130 RE	130 mcg	433 IU
Eggs (1 large)	95 RE	95 mcg	316 IU
Tomato (1 medium, raw)	35 RE	35 mcg	117 IU

## ★ Zinc

It is recommended that you consume 8-11 milligrams of Zinc every day. Too much zinc can build up and be toxic. **Do not take zinc supplements unless directed by the healthcare team.**

### Foods High in Zinc

Food	Amount of Zinc
Beef (3 ounces)	5.0 milligrams
Pork (3 ounces)	2.5 milligrams
Chicken (3 ounces)	2.0 milligrams
Baked beans (1/2 cup)	1.8 milligrams
Milk (1 cup)	1.0 milligram
Tofu (1/2 cup raw)	1.0 milligrams

Food	Amount of Zinc
Peas (1/2 cup cooked)	0.9 milligrams
Potato (1 medium baked with skin)	0.6 milligrams
Egg (1)	0.6 milligrams
Fish (3 ounces)	0.5 milligrams
White rice (1/2 cup)	0.4 milligrams
Banana (1 medium)	0.2 milligrams

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.