

If you have any questions, please ask your physician or registered dietitian.

Protein and Wound Healing

Your body needs protein to grow, heal wounds and fight infections. If you do not eat enough protein, it can be hard for your skin to heal. It is also important to eat a balanced diet with healthy food choices and enough calories to meet your needs.

Your physician has suggested you follow a diet with a lot of protein to help build and repair your skin.

Food sources of protein

A 3-ounce serving of cooked meat is about the size of a deck of cards.

Food	Serving size	Grams of protein
Meat, cooked		
▪ Pork	3 ounces	21
▪ Chicken, turkey	3 ounces	21
▪ Beef	3 ounces	21
Fish, cooked		
▪ Salmon, halibut, tuna	3 ounces	21
▪ Shrimp	3 ounces	21
Eggs		
▪ Egg	1 large	7
▪ Egg whites/Egg Beaters®	3 tablespoons	5
Dairy		
▪ Milk	1 cup	8
▪ Kefir	1 cup	14
▪ Cheese	1 ounce	7
▪ Cottage cheese	1/2 cup	14
▪ Yogurt	3/4 cup	8
▪ Greek yogurt	3/4 cup	15
Beans and grains		
▪ Black, lentil, kidney	1/2 cup	7
▪ Hummus	1/3 cup	4
▪ Quinoa	1 cup	8
Nuts		
▪ Almonds, walnuts and others	1/2 cup	7
▪ Peanut butter	2 tablespoons	7
Other protein sources		
▪ Tofu	4 ounces	8
▪ Soy milk	1 cup	7
▪ Edamame	4 ounces	11
▪ Tempeh	4 ounces	20
▪ Seitan	4 ounces	31

Protein-rich snacks

Snacks are an easy way to eat more protein. Here are some healthy and tasty options.

- Nuts
- Trail mix
- Greek yogurt
- Hard-boiled egg
- Cheese and crackers
- Edamame (soybeans)
- Peanut butter sandwich
- Turkey and cheese sandwich
- Cottage cheese and fresh fruit
- Hummus with fresh vegetables
- Almond butter and apple slices

Supplements

The best way to get the vitamins and minerals you need is through the foods you eat. People with certain wounds and skin conditions may need extra vitamins and minerals to help with healing.

If your physician recommends a vitamin and mineral supplement, it should have vitamin C, zinc, vitamin E and vitamin B12 in it.

If your physician recommends a protein supplement, you can choose from different shakes, powders and protein bars.

Talk to your physician or a registered dietitian to see if a supplement may help you.

Other tips

- Stay well hydrated with water, unsweetened drinks, 100% fruit juice or milk.
- Eat fruits and vegetables that are a good source of vitamin C. These foods include strawberries, cantaloupe, mango, broccoli, spinach and tomatoes.
- If you have other health problems such as diabetes, high blood pressure or kidney disease, follow your physician's advice about special diet restrictions.

Example 1-day high-protein menu

Breakfast	Morning snack
<ul style="list-style-type: none">▪ 1 hard-boiled egg▪ 3/4 cup dry cereal with 1 cup milk▪ 1/2 cup strawberries▪ 1/2 cup orange juice	<ul style="list-style-type: none">▪ 2 tablespoons peanut butter▪ 1 medium apple
Lunch	Afternoon snack
<ul style="list-style-type: none">▪ 3 ounces turkey on a sandwich▪ 1 cup bean or lentil soup▪ 1 cup milk	<ul style="list-style-type: none">▪ 1/2 cup cottage cheese▪ 1/4 cup sliced peaches
Dinner	Evening snack
<ul style="list-style-type: none">▪ 3 ounces cooked salmon▪ 1 medium baked potato with 1 tablespoon sour cream▪ 1 cup steamed broccoli▪ 4 whole-grain crackers with 2 tablespoons hummus▪ 1 cup milk	<ul style="list-style-type: none">▪ 3/4 cup yogurt▪ 2 tablespoons chopped walnuts▪ 1/2 cup strawberries