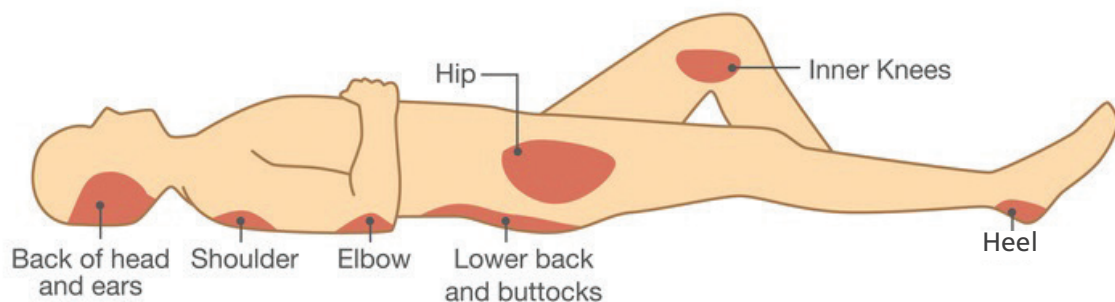


Eating to prevent and treat pressure injuries



PRESSURE INJURIES

A pressure injury or pressure ulcer occurs when the skin breaks down over a part of the body. The most commonly affected areas include the bottom, heels, elbows and the back of the head.

It is important to eat well to prevent and treat pressure injuries. Your body uses nutrients to help wounds heal quickly and well.

- Carbohydrates and healthy fats for energy
- Protein for building new skin
- Fluids for good circulation to the wound
- Zinc, Vitamin C, Vitamin A, Selenium
- If you have diabetes, blood glucose management is very important. Talk to your doctor or dietitian about the best food choices for you.

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Carbohydrates and healthy fats

Extra energy from carbohydrates and healthy fats are needed to rebuild new skin.

Good sources of carbohydrate include:

- Wholegrain bread
- Cereals
- Rice
- Pasta
- Noodles
- Couscous / Quinoa
- Semolina
- Oats
- Barley
- Legumes
- Potatoes
- Sweet Potatoes
- Corn



Some healthy fats to use include:

- Olive oil
- Vegetable oils
- Fat found in fish
- Avocadoes
- Nuts
- Seeds



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Protein

Eating enough protein may help your wounds heal more quickly.

Good sources of protein include:

- Meat
- Fish (fresh or tinned)
- Poultry
- Eggs
- Beans
- Legumes
- Nuts
- Seeds
- Meat alternatives (eg. tofu, vegetarian sausages)
- Milk
- Cheese (eg. cheddar, ricotta, cottage)
- Yoghurt



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Fluids

Being well hydrated is important for maintaining healthy skin. Drinking enough fluids when you have a pressure injury will help deliver oxygen and nutrients to the wound to help it to heal.

A general guide for how much to drink is 6-8 cups per day.

This can include:

- Water
- Juice
- Cordial
- Milk
- Tea
- Coffee

as well as foods like:

- Jelly
- Ice-blocks
- Ice-creams
- Soup

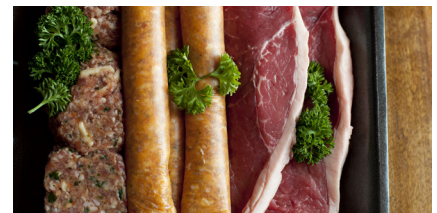


Vitamins and minerals

Vitamins and minerals play an essential role in wound healing. This is why it's important to eat a variety of foods. Zinc, Vitamin C, Vitamin A and selenium play particular roles in building new tissue and reducing the risk of infection.

ZINC is found in:

- Red meat
- Fish
- Shellfish (particularly oysters)
- Milk products
- Poultry
- Eggs



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VITAMIN C is found in:

- Fruit
- Vegetables

(Oranges, grapefruit, green leafy vegetables, capsicum and tomatoes are particularly high in Vitamin C).



VITAMIN A is found in:

- Milk
- Cheese
- Eggs
- Fish
- Dark green leafy vegetables e.g. spinach, broccoli
- Oranges
- Bright red and orange fruits and vegetables (the brighter, the better)
- Animal liver
- Kidney



SELENIUM is found in:

- Brazil nuts
- Fish (tuna, sardines)
- Meat
- Chicken
- Baked beans
- Eggs



Eating to prevent and treat pressure injuries

You can help to rebuild new skin and avoid a pressure injury by:

- Eating some protein at each meal
- Snacking on high protein foods like nuts, seeds, yoghurt, cheese, boiled eggs
- Drinking adequate amounts of water or other fluids
- Eating a variety of foods at each meal time, including fruit and vegetables
- Keeping within your healthy weight range

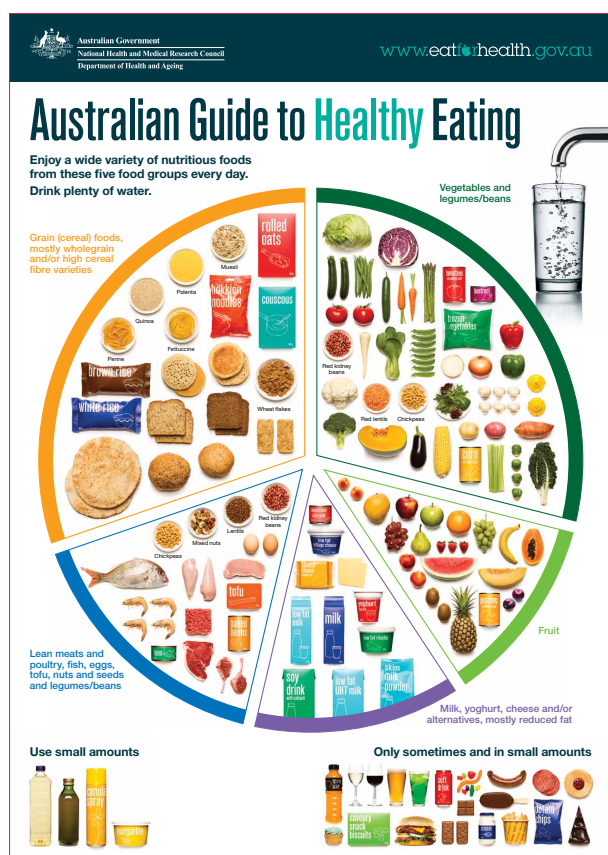


Image sourced from:
www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating

Interpreter Services

Professional interpreters are available if you need help understanding or speaking in English. You may have a family member or friend present, but all communication about your treatment should be through a professional interpreter. Interpreter services are free and confidential. It is your right to ask for an interpreter if one is not offered to you. The staff will book the interpreter for you.

If you need to use an interpreter to contact us, please call the telephone Translating and Interpreter Service on 131 450.