Helping Wounds Heal

What you should eat

1. Choose foods high in protein
   - Fish, chicken, meat
   - Milk, cheese, yogurt
   - Beans, peas
   - Nuts, seeds
   - Ensure Complete™

2. Include nutrition drinks with added arginine (arginine is essential during times of stress)
   - Juven®

3. Add foods high in vitamins and minerals, especially vitamin C and zinc
   Choose fruits and vegetables in a rainbow of colors to provide essential vitamins and minerals that your body needs. Some examples are:
   - **Green**: Spinach, broccoli, cabbage
   - **Yellow and orange**: Carrots, peaches, cantaloupe
   - **Red**: Apples, red peppers
   - **Blue and purple**: Eggplant, blueberries
   - **White**: Bananas, garlic, cauliflower

4. Drink 6 to 8 cups of water or other fluids every day

Why your body needs these foods:

- Protein builds new skin and muscle
- Arginine supports blood flow and is a building block for proteins, which can contribute to healing
- Foods high in vitamins and minerals, particularly vitamin C, help reduce your risk of infection and promote healing
- Drinking adequate fluids maintains hydration to support your circulation
- Maintaining muscle and organ tissue is vital for normal healing, and proper nutrition plays an important role. If muscles don’t receive proper nutrition, your body may use them for energy
Easy tips to get the nutrients you need:

Fill up your plate with the right balance of healthy foods.

- ¹⁄₂ plate of vegetables and fruits
- ¹⁄₄ plate of protein foods
- ¹⁄₄ plate of whole grain foods

Drinking only a part of your meal can result in less nutrition.

It may be difficult to eat enough of the right foods when you don’t feel well.

- Adding a nutrition drink can help fill the nutrition need

If you eat less than half of your daily meals, drink two bottles of Ensure Complete™ to help fill the nutrition needs in your diet.

1. Snack on foods high in protein, vitamins and minerals such as:
   - Smoothies made with yogurt and berries
   - Whole wheat crackers topped with peanut butter
   - Nutrition drinks like Ensure Complete™
     - The protein content of 8 fl. oz. of Ensure Complete™ is equal to 2 small eggs and 2 slices of toast or one small chicken breast and a baked potato

2. If you have diabetes:
   - Keep your blood sugar in a normal range (high numbers keep wounds from healing)
   - Try Glucerna® bars and shakes for easy snacks

3. If you have trouble eating enough calories:
   - Freeze small portions that can be heated easily
   - Try eating 4 to 6 small snack-like meals
   - Add nutrition drinks like Ensure Complete™

4. Talk to your doctor or nurse if:
   - You’re losing weight
   - Your wound is not healing
   - The wound becomes red and painful or begins to smell “bad”
   - You notice more drainage from the wound

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* $5.95 handling charge applies for all phone orders. Use under medical supervision.

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www.abbottnutrition.com

Abbott Nutrition
Abbott Laboratories
Columbus, Ohio 43219-3034 USA