



Healing From the Inside Out: Protein Basics

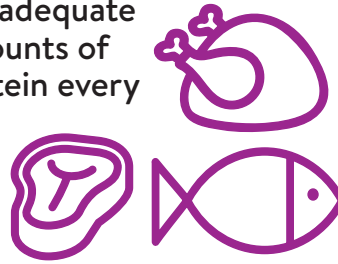
FACT



Foods high in protein give your body the essential nutrients it needs for wound healing.

RULE NUMBER 1

Eat adequate amounts of protein every day.

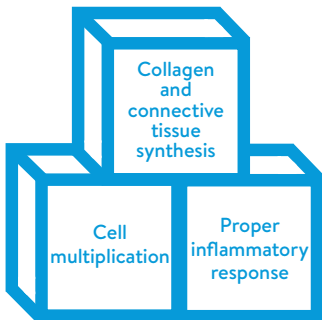


THE HEALING POWER OF PROTEIN

Protein plays an important role throughout all phases of wound healing. Protein is required to promote tissue growth and cell renewal.

THE AMINO ACID STORY

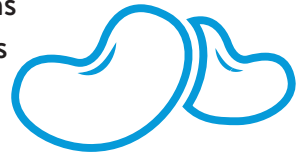
Amino acids are the building blocks of protein. They are responsible for collagen and connective tissue synthesis, cell multiplication, and a proper inflammatory response.



GOOD SOURCES OF PROTEIN

- Meat, poultry, and fish
- Eggs
- Dairy foods, such as milk and yogurt

- Beans, such as lentils, split peas, and black beans
- Nuts and seeds
- Soy



How much protein do I need each day?

The Dietary Reference Intake (DRI) is 0.8 grams of protein/kilogram of body weight, or 0.36 grams/pound for healthy people.

This is about:

- 56 grams/day for the average sedentary man
- 46 grams/day for the average sedentary woman
- People with wounds or other illnesses often require more protein

For comparison:

- A 3-ounce chicken breast has about 21 grams of protein
- An 8-ounce container of yogurt has about 11 grams protein
- 1 cup of milk has 8 grams of protein
- 1 cup of dry beans has about 16 grams of protein

CAUTION!

If you have kidney or liver disease, speak to your health care provider before you increase your protein intake.

STAY HYDRATED

Always drink sufficient water and other fluids.

POOR APPETITE?

Try protein powder or a ready-to-drink, high-protein nutrition shake. They are convenient and an easy way to increase your caloric and protein intake.

Yogurt Frost

About 400 calories and 19 grams of protein/serving

1 envelope vanilla

instant breakfast mix

1 cup whole milk

½ cup flavored

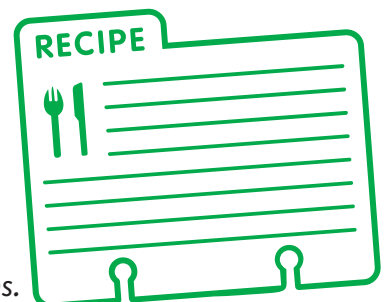
Greek yogurt

6 to 10 crushed

ice cubes

Blend together to desired consistency.

Tip: Vary the flavor of the yogurt to expand your options.



Based on information from:

Baranoski S, Ayello EA. *Wound Care Essentials: Practice Principles*. 3rd ed. Philadelphia, PA: Lippincott Williams & Wilkins; 2012.

Collins N, Sloan C. Back to basics: nutrition as part of the overall wound treatment plan. *Ostomy Wound Manage*. 2013;59(4):16-19.

MedlinePlus. Protein in the diet. US National Library of Medicine, National Institutes of Health website. <http://www.nlm.nih.gov/medlineplus/ency/article/002467.htm>. Updated January 15, 2016. Accessed February 22, 2017.