



# Healing From the Inside Out: Protein Basics

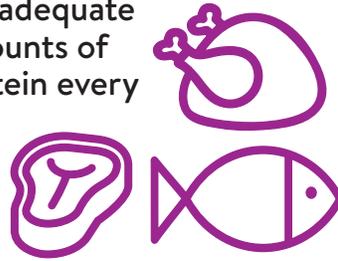
## FACT



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.

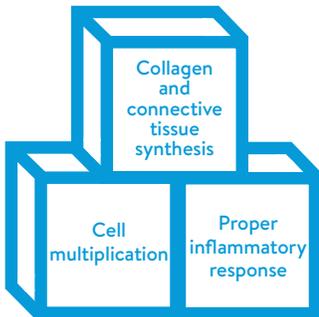


## THE HEALING POWER OF PROTEIN

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

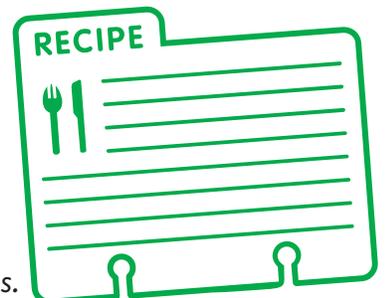
Greek yogurt

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. Available at <https://medlineplus.gov/ency/article/002467.htm>.