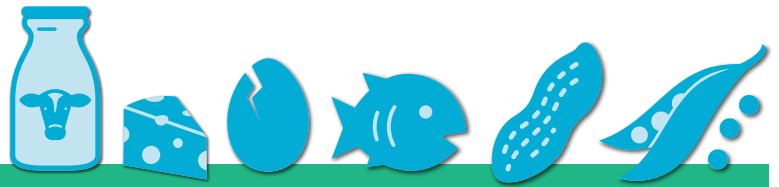


# Make Protein a Priority



*Without proper nutrition, the process of wound healing can be compromised. A nutritious diet during recovery plays a critical role in how fast a wound heals, how strong the wound tissue becomes, and how well the body fights off infection. A poor diet may turn a normal wound into a chronic wound that may never seem to get better.*

*Protein is especially important for healing. Eating enough protein helps repair the damaged tissue in the wound. Try to eat good protein sources at every meal and at snack time. Here are some suggestions of high protein foods and some tips to MAKE PROTEIN A PRIORITY.*

## Choose Easy-to-Eat Protein Foods

- **PEANUT BUTTER:** Spread it on whole grain crackers, bread, celery, banana, apple, or pear.
- **TUNA:** Make a sandwich or a casserole and add cheese to bump up the protein.
- **CHEESE:** Eat cheese on crackers, sandwiches or wraps, add to salads and soups, stir into scrambled eggs or shred over vegetables.
- **YOGURT:** Choose Greek yogurt as a 6 oz cup provides approximately 17 grams protein per serving.
- **EGGS:** Keep hard boiled eggs handy in the refrigerator for a snack, make egg salad, omelets, and add eggs into tuna salad or green salads.
- **COTTAGE CHEESE:** Mix in a favorite fresh or canned fruit.
- **SLICED MEATS:** Make sandwiches with turkey, chicken, ham, or beef. Half sandwiches are great snacks.
- **NUTS:** Grab a handful or a spoonful of nut butter.
- **SMOOTHIES:** Blend with yogurt, milk, or a powdered protein supplement.
- **SOY:** Enjoy tofu, soy nuts, tempeh, and other soy protein foods.
- **BEANS AND LEGUMES:** Add into chili, soups, stews, and salads.
- **MILK:** Drink with meals and snacks and use milk to make oatmeal, soups, smoothies, and cocoa.
- **POWDERED MILK:** Mix into smoothies, shakes, puddings, custard, sauces, soups, mashed potatoes, casseroles, meatloaf, and meatballs.

## Consider Supplemental Beverages


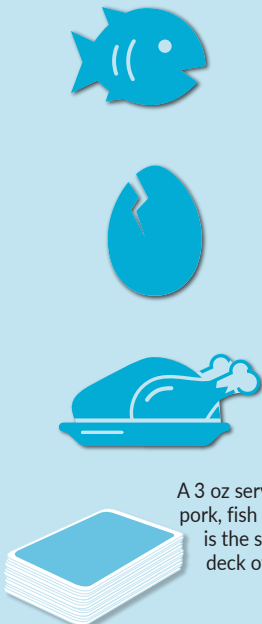
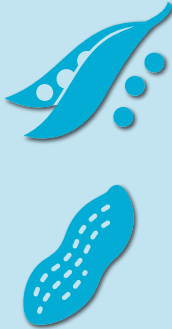
- Oral nutritional supplements are a good way to get extra calories, protein, vitamins, and minerals.
- Drink an oral nutritional supplement between meals as a snack or sip throughout the day.
- Chill before drinking and shake well before opening.

## Tips to Help Make Protein a Priority

- Arthritis can make opening cans or chopping foods difficult. Purchase pre-cut foods and ask family and friends for help transferring canned foods into easy open containers.
- Forgetting to eat or skipping meals can be a problem. Set an alarm or ask a friend or loved one for reminder calls.
- Some prescription medications may cause a lower appetite or dry mouth that makes it difficult to chew and swallow. Tell your doctor and ask about switching medications.
- If loose dentures or other dental problems make it hard to chew, choose soft foods and see a dentist for help.
- If feeling full quickly is a problem, enjoy the meal first, followed by the beverage.
- If 2 or 3 big meals are overwhelming, try 5 or 6 small meals a day.
- Take advantage of feeling hungry and eat a bigger meal or snack.
- Take advantage of good energy days and prepare extra food and freeze.

# Choose Protein Rich Foods at Every Meal

Divide protein across meals and snacks to provide a continuous supply throughout the day to support healing.

	Protein Rich Foods	Serving Size (These are minimum serving sizes; try to eat larger servings, if possible.)	Protein Per Serving (g)
<b>DAIRY</b>			
	Greek Yogurt (plain)	6 oz container	17
	Cottage Cheese	½ cup (4 oz)	16
	Milk	1 cup (8 fl oz)	8
	Yogurt	1 cup (8 oz)	8
	Cheese	1 oz	7
<b>PORK, FISH, BEEF, CHICKEN, EGGS</b>			
 <p>A 3 oz serving of pork, fish or beef is the size of a deck of cards.</p>	Chicken Breast (boneless, skinless)	3 oz	26
	Steak or Lamb	3 oz	25
	Pork Chops (boneless)	3 oz	24
	Tilapia	3 oz	23
	Sardines	1-3.75 oz can	23
	Ground Beef	3 oz	20
	Shrimp	3 oz	20
	Chorizo	3 oz	21
	Turkey	3 oz	19
	Salmon	3 oz	19
	Pepperoni	3 oz	19
	Tuna (canned)	3 oz	17
	Halibut	3 oz	16
	Corn Beef	3 oz	15
	Canadian Bacon	4 slices	15
Ham	3 oz	14	
Jerky	1 oz	9	
Egg (eat 2 or 3 at a time)	1 large	6	
<b>BEANS, LEGUMES, SOY, NUTS , GRAINS</b>			
	Kidney Beans	1 cup	21
	Pinto Beans	1 cup	20
	Almonds	½ cup	14
	Mixed Nuts	2 oz	11
	Tofu	½ cup	10
	Edamame	½ cup	8
	Quinoa	1 cup	8
	Wheat Germ	1 oz	8
	Peanut Butter or Almond Butter	2 Tablespoons	7
	Soy Milk	1 cup (8 fl oz)	7
	Green Peas	1 cup	7