

# Nutrition to help your child heal after a burn

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## Why is nutrition important for healing burns?

Good nutrition is important after a burn and your child will need to get enough protein, calories, fluids, vitamins and minerals. These are called nutrients and will support your child's growth and health.

If your child is not getting enough nutrients, they can have:

- poor wound healing
- weight loss
- delayed growth
- weak bones
- a weak immune system
- a low level of energy

This handout has ideas, tips and recipes to help your child meet their nutrition needs. These changes may be needed for up to 9 months to 2 years after the burn.

Dietitian:	
Dietetic Assistant:	
Phone Number:	
Extension:	

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## What nutrients are most important to heal a burn?

### Protein

Protein is important to build muscles. When your child is healing from a burn injury, they lose protein in their urine and through the burn site. Their body breaks down muscle to make up for this. This means that more protein is needed in their diet. Some patients with a burn injury need more protein than they would usually eat.

### Tips to increase your protein intake:

Skim milk powder, whey powder or other protein powders	Add to: <ul style="list-style-type: none"> <li>cream soups, sauces, puddings, milkshakes, smoothies, milk, hot chocolate, coffee, cereals, mashed potatoes.</li> </ul>
Ice cream, pudding or yogurt (Greek yogurt is higher in protein)	<ul style="list-style-type: none"> <li>Serve with fruit and other desserts.</li> <li>Drink milkshakes or yogurt smoothies.</li> <li>Snack on ice cream, pudding or yogurt (2% Milk Fat (MF) or higher).</li> <li>Use yogurt in dips and casseroles.</li> </ul>
Cheese	<ul style="list-style-type: none"> <li>Melt on top of pastas and cooked vegetables, hamburger, meatloaf, eggs and tacos.</li> <li>Add grated or cut up cheese to potatoes, casseroles and salads.</li> <li>Snack on cottage cheese or cheese during the day.</li> <li>Add cheese to bread, bagels, vegetables, muffins, fresh fruit and crackers.</li> </ul>
Peanut butter, other nut or seed butters	Spread on crackers, fruit or vegetables.
Nuts and seeds	Such as almonds, walnuts, sunflower seeds, hemp seeds, chia seeds, pumpkin seeds, sesame seeds, pistachios and macadamia nuts: <ul style="list-style-type: none"> <li>Add to muffin or cookie mixes, ice cream and salads.</li> <li>Mix with dried fruit and eat as a snack.</li> </ul>
Whole grains	Such as barley, buckwheat, millet, oats, quinoa, brown or wild rice, rye, spelt, amaranth and whole wheat: <ul style="list-style-type: none"> <li>Add wheat germ to yogurt or cereal.</li> <li>Add quinoa to salads and barley to soups and stews.</li> </ul>

**Protein (continued)**

<p>Legumes, such as kidney beans, black beans, chick peas or lentils and soy products</p>	<ul style="list-style-type: none"> <li>• Have baked beans, a bean salad or pureed bean dip like hummus.</li> <li>• Add tofu to soups, smoothies, salads, sauces and stir fries.</li> <li>• Use soy products such as Texturized Vegetable Protein (TVP), tofu or tempeh as a meat substitute in pasta sauces or tacos.</li> </ul>
<p>Eggs</p>	<ul style="list-style-type: none"> <li>• Slice eggs and add to salads, casseroles and sandwich fillings.</li> <li>• Add pasteurized liquid egg whites to smoothies.</li> <li>• Buy store bought egg-nogs that are high in protein and calories.</li> </ul>
<p>Meat, fish or poultry</p>	<ul style="list-style-type: none"> <li>• Add to salads, soups, pasta dishes, rice, omelettes, quiche or baked potatoes.</li> <li>• Spread paté on crackers or bread.</li> <li>• Make tuna/salmon salad sandwiches.</li> </ul>

**Calories**

Burns can increase the calories your child needs. Since children have less stored energy (in the form of fat) than adults, they need extra calories from their food. This increased need for calories can last anywhere from 9 months to 2 years after their burn.

**Tips to increase your calories:**

<p>Cream, homogenized or evaporated milk</p>	<ul style="list-style-type: none"> <li>• Add to hot chocolate.</li> <li>• Add to milkshakes, cereals, fresh fruit.</li> <li>• Use to make cooked cereals, soups, sauces, custards, puddings, baked goods or mashed potatoes.</li> <li>• Use cream instead of milk when cooking or baking.</li> <li>• Drink homogenized milk or high protein milk (see 'Recipes' section on pages 6 to 8).</li> </ul>
<p>Yogurt/yogurt drinks</p>	<ul style="list-style-type: none"> <li>• Choose higher Milk Fat (MF) options, 2 to 9% MF.</li> <li>• Use yogurt to top pancakes, waffles, cereal or use as a dip for fruits and vegetables.</li> <li>• Freeze yogurt drinks to make popsicles.</li> </ul>

**Calories (continued)**

Dried fruit	<ul style="list-style-type: none"> <li>• Add to cereals, salads, desserts.</li> <li>• Mix with peanuts or other nuts and seeds for a snack.</li> </ul>
Granola	<ul style="list-style-type: none"> <li>• Add to cereals and yogurt or eat as a snack.</li> </ul>
Cheese/ cream cheese	<ul style="list-style-type: none"> <li>• Melt cheese on sandwiches, hamburgers, vegetables or casseroles.</li> <li>• Add cream cheese to sauces or mashed potatoes.</li> <li>• Spread cream cheese or Cheese Whiz on both slices of bread in a sandwich.</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Use ketchup, barbeque sauce, ranch dressings or other high calorie condiments as a dip.</li> <li>• Add sour cream or mayonnaise to salads, salad dressing and sandwiches.</li> <li>• Use sour cream or mayonnaise in vegetable dips and mashed or baked potatoes.</li> <li>• Add gravy to potatoes and meats.</li> <li>• Add butter or non-hydrogenated margarine to mashed potatoes, cream soups, cooked vegetables, bread, hot cereals or crackers.</li> <li>• Add jam and honey to breads, crackers and muffins.</li> <li>• Add olives to pasta, pizza and salads.</li> <li>• Add avocado slices to sandwiches or salads.</li> </ul>

**Fluids**

Your skin helps to keep fluid in your body. Your child can lose fluid through their burn. This can cause them to become dehydrated. It's important to make sure your child drinks enough fluids to prevent becoming dehydrated.



Drinks can also be a great way to add extra calories and protein.

Good choices include:

- milk and chocolate milk - choose 2% Milk Fat (MF) or higher
- 100% fruit and vegetable juices
- soups
- nutrition supplements

## Nutrition supplements

1 to 10 years old	Over 10 years old
Pediasure	Ensure Regular
Pediasure Complete	Ensure High Protein
Pediasure Plus with fibre	Ensure Plus Calories
Nutren Junior	Boost Original
Nutren Junior Fibre	Boost High Protein
	Boost Plus Calories
	Carnation Breakfast Essentials

**Your doctor/dietitian recommends:** \_\_\_\_\_

You can use nutrition supplements to make smoothies. See the 'Recipes' section for some great ideas like the 'Bursting Blueberry Smoothie' or the 'Super Protein Power Smoothie'.



## Vitamins

Some children with a burn injury might need more vitamins and minerals than what their food provides. These vitamins and minerals play key roles in:

- skin and wound healing
- building healthy, strong bones
- boosting your child's immune system

When this happens, your doctor or dietitian may recommend a vitamin and/or mineral supplement.

**Your doctor/dietitian recommends:** \_\_\_\_\_

## Recipes

### Breakfast Ideas



#### Hot Cereal (1 serving)

1 to 2 Tbsp	butter or non-hydrogenated margarine
1 to 2 Tbsp	brown sugar
pinch	cinnamon
2 Tbsp	cream

Add ingredients to 1 bowl of hot cereal or 1 package instant oatmeal.

#### High Protein Milk (4 servings)

4 cups	homogenized milk
½ cup	skim milk powder

Add skim milk powder to the homogenized milk, stir well and refrigerate.

#### Super Pancakes

Add 4 eggs to the pancake recipe instead of 1 or 2.  
Spread margarine or butter over cooked pancakes.



This chart may help you with serving sizes:

Metric and Imperial Sizes	
250 ml	= 1 cup
175 ml	= 3/4 cup
125 ml	= 1/2 cup
60 ml	= 1/4 cup
15 ml	= 1 tablespoon (Tbsp)
5 ml	= 1 teaspoon (tsp)
30 grams	= 1 ounce (oz)

## Lunch/Dinner Ideas

### Cheddar Cheese Soup (2 servings)

1 can	cheddar cheese soup (10 oz or 284 mL)
1 cup	high protein milk
1 tsp	worcestershire sauce
Dash	salt



Mix ingredients in saucepan. Heat and serve.

### Mashed Potato Supreme (1 serving)

1 to 2 Tbsp	sour cream
1 to 2 Tbsp	butter
1 Tbsp	cream

Add ingredients to one scoop of mashed potatoes.

### Mac and Cheese

3 cups	hot cooked macaroni, drained
1/4 cup	margarine or butter
1 Tbsp	flour
2	egg yolks, slightly beaten
1 cup	grated cheese
1/4 cup	evaporated milk
3/4 cup	whole milk
1/4 tsp	salt
6	crackers, crumbled
Pepper to taste	

Melt margarine in a large pan; stir in the flour, egg yolks, salt and pepper. Add milk and heat slowly, stirring often, until the sauce is thickened. Add the grated cheese. Mix sauce with cooked macaroni, and place in a baking dish. Top with cracker crumbs.

Dot with 4 tsp margarine.

Bake at 400°F until bubbly.

## Snack Ideas

### Happy Trail Mixture (9 servings)

1 cup	sunflower seeds
½ cup	raisins
1 cup	coconut, shredded
½ cup	peanuts
½ cup	dates, chopped
½ cup	almonds
½ cup	brazil nuts



### Super Pudding (4 servings)

1 pkg	instant pudding – that makes 4 servings
2 cups	homogenized milk
¾ cup	skim milk powder

Combine all ingredients into a bowl and blend with an electric mixer. Refrigerate. Serve with sliced fruit and whipped cream.

## Smoothies/Shakes

### Bursting Blueberry Smoothie

4 oz	plain or Greek yogurt
1	banana (use a frozen banana for a thicker smoothie)
½ cup	fresh or frozen blueberries
1 Tbsp	canola, flax or olive oil
1 cup	homogenized milk, cream, or vanilla nutritional supplement (use more than 1 cup if needed to blend).

Put all ingredients in a blender and blend until smooth. Refrigerate any unused portion.

### Super Protein Power Smoothie

1 cup	homogenized milk, cream, or vanilla nutritional supplement (use more than 1 cup if needed)
½ cup	Greek yogurt
2 Tbsp	skim milk powder
1 Tbsp	peanut butter or almond butter
1 Tbsp	finely ground flax seeds
1 Tbsp	canola, olive, or flax oil
1	banana or 1 cup other fruit
crushed ice	(if you like a colder smoothie)



Put all ingredients in a blender and blend until smooth. Refrigerate any unused portion.