

# Nutrition for Healing Outpatient Burn Clinic

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A burn wound can increase your body's needs for protein in the diet. Increasing your intake of protein can help:

- your body heal
- build muscle

**Make every bite count** (a few ideas to help increase your protein intake)

- Try to include at least one protein item at each meal or snack.
- Eat protein foods first at meals and snacks.
- Avoid filling up on drinks that are low in protein such as pop and juice.
- Keep easy to prepare foods on hand, such as frozen meals, canned foods and eggs.

**High protein foods include:**

- Meat, fish and poultry – add these to salads, soups, pasta, rice or omelettes.
- Beans and legumes – baked beans, bean salad, or add to soups and salads.
- Nuts, seed and grains – add to salads, yogurt or cereal.
- Trail mix with nuts and dried fruit – eat as snack or add to cereal or yogurt.
- Peanut butter, other nut and seed butters such as almond or soy butter – spread on crackers, fruit or vegetables.
- Eggs – on their own or add to salads, casseroles and sandwich fillings.
- Yogurt or puddings – as smoothies, served with fruit or as a snack (Greek yogurt is higher in protein).
- Protein powders such as whey, soy, hemp or brown rice (look for brands that have at least 20 grams of protein per serving) – add to smoothies.

**Multivitamin supplements**

Extra vitamin and mineral supplements may also be helpful in wound healing. Consider taking a multivitamin that includes both vitamins and minerals such as Centrum Select<sup>®</sup> if you do not already take one.

**If you are concerned about your nutrition, ask to see a Registered Dietitian to talk about what you need to eat and drink to help your burn heal.**