

NUTRITION AND SURGICAL WOUND HEALING

GOOD NUTRITION CAN AID IN THE BODIES RECOVERY PROCESS AFTER SURGERY AND CAN REDUCE THE RISK OF INFECTIONS

SOME KEY POINTS TO IMPROVE YOUR NUTRITION ARE:

1. EAT ENOUGH PROTEIN

- Protein is needed to repair the body and is essential in wound healing.
- The general population is recommended to consume 0.8-1.2g/kg/BW
 - If you exercise regularly more protein is recommended.

2. EAT FRUITS AND VEGETABLES

- Vitamin C and Zinc, which are in fruits and vegetables, are both associated with wound healing.
- Based on a 2,000 calorie diet, it is recommended that 4-5 servings of vegetables and 4-5 servings of fruit are consumed each day.
- It is recommended that adult women get at least 75mg of vitamin C and adult men get at least 90mg per day.
- It is recommended that adult women get at least 8mg of zinc and adult men get at least 11mg per day.

3. MEET REQUIREMENTS OF VITAMINS AND MINERALS LIKE B12 AND IRON

- Both of them help with the formation of new blood cells in bone marrow.
- It is recommended that adult men and women get at least 2.4mcg of B12.
- It is recommended that adult women get 14.8mg and adult men get 8.7mg of iron per day.

4. EAT FIBER AND PROBIOTICS

- Together they help boost the immune system and help the digestive tract.
 - An example of food that would contain both is yogurt and granola.
- It is recommended that adults consume 25 to 30 grams of fiber from food (not supplements) a day.



RESOURCES

CONTACT US FOR MORE INFORMATION ON NUTRITIONAL SUPPLEMENTS AT: GNG@FAIRWAYVENTURESGROUP.COM

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