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## EAT WELL, CARE WELL.

### NUTRITION TIPS TO PROMOTE WOUND HEALING

To help promote wound healing extra nutrients & nutrient dense calories are required. Some options for increasing calories include: adding mayo, olive oil, avocado, or nuts to your food. Additionally, protein is very important for wound healing. **Try to consume ~20-30 grams of protein** (0.4 grams/kilogram body weight) **at each meal**. To convert your weight in pounds to kilograms, divide by 2.2. For example, 150 pounds divided by 2.2 = 68 kg x 0.4 g = 27 grams protein per meal. **Studies have found eating equal amounts of protein at each meal is critical as we age.**

**Nutrient Dense protein sources include:** lean meats & poultry, fat-free or low-fat milk & dairy, seafood, eggs, beans and legumes. 1 oz. of meat, cheese, fish, 1 egg, ½ ounce of nuts or seeds, 1 TBSP of nut butter, ¼ cup of beans, or 2 tablespoons hummus, all include about 7 grams of protein. Adequate fluid intake is also important, water, tea, coffee, juice, and milk! Remember to enjoy foods from all the food groups- protein, fruits, vegetables, dairy and grains! This will help ensure adequate vitamins and minerals are being consumed. For example, one vitamin that is helpful to our immune system is Vitamin C. Vitamin C is in many fruits and vegetables like oranges, tomatoes, strawberries, etc.

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## WEEKLY CHALLENGES

Enjoy a meal that includes all five food groups! Protein, fruits, vegetables, dairy and grains.

Count how many grams of protein are in your meal.

Increase your calorie intake by adding "extras" like nuts, seeds, olive oil, etc.

Keep track of your fluid intake this week in a food diary.

## DID YOU KNOW?

April 4<sup>th</sup> is National Vitamin C Day so celebrate by eating a lot of fruits and vegetables!

# Amazing Apple Tuna Sandwich

Serves 6 | Calories 244 | Protein 24g

## INGREDIENTS:

- 2 (5 oz) cans chunk-light tuna packed in water, drained
- 1 green apple, finely diced
- 1 stalk celery, diced
- ½ cup plain non-fat Greek yogurt
- 2 tsp mustard
- 2 tsp honey
- 100% whole wheat bread
- Large lettuce leaves

## DIRECTIONS:

1. Mix together the yogurt, mustard and honey in a large bowl.
2. Add the tuna, apples and celery and mix again.
3. Spread the mixture out to slices of bread or on a bed of lettuce.
4. Refrigerate leftovers and eat within 3 days.

\*Recipe adapted from:

<https://hungerandhealth.feedingamerica.org/recipe/apple-tuna-sandwiches-2/>

# Simple and Savory Stir-Fry

Serves 4 | Calories 349 | Protein 25g

## INGREDIENTS:

- 2 cups cooked brown rice
- Nonstick cooking spray
- 2 small boneless skinless chicken breast halves, cut into bite-size pieces
- 1/2 medium green cabbage head
- 4 medium peeled carrots
- 2 tsp. extra virgin olive oil
- 2 Tbsp. low sodium soy sauce
- 1 Tbsp. reduced-fat peanut butter
- 2 Tbsp. chopped, unsalted, unoiled peanuts

## DIRECTIONS:

1. Cook rice according to the package.
2. While the rice cooks, spray a skillet with nonstick cooking spray and cook the chicken on medium heat. When the chicken is done, set aside.
3. Chop cabbage into strips and peel carrots. Add to the skillet and toss with oil. Cook on medium heat and stir frequently. Cook until crunchy and then add the chicken into the pan.
4. Stir in soy sauce, honey, and peanut butter.
5. Serve on a plate with rice, chicken and vegetables and sprinkle with peanuts.



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- Recipe adapted from <https://recipes.heart.org/Recipes/1021/Simple-Chicken-or-Shrimp-Stir-Fry>