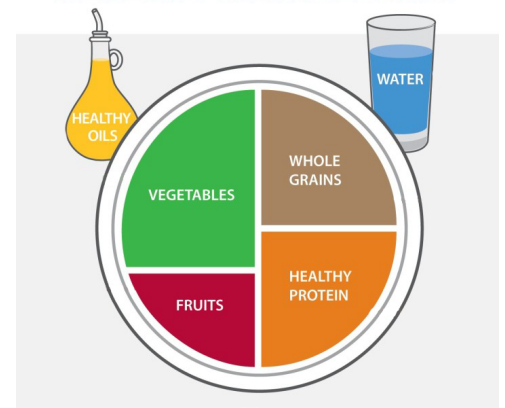


Healing Through Nutrition

Wounds & Diabetes



The Healthy Eating Plate. Copyright © 2011, Harvard University.

Without proper nutrition, your body cannot heal.
Protein provides the building blocks your body needs to:

- 1 Protect your healthy tissues
- 2 Heal your damaged tissues
- 3 Fight infection

2 EFFECTS OF HIGH BLOOD SUGAR

High blood sugar prevents your body from building new tissue to heal your wound

High blood sugar puts you at risk for infection

VITAMINS

Take a daily multivitamin with minerals for the micronutrients your body needs

PROTEIN NEEDS

Eat 3 meals every day. Make 25% of your plate protein at every meal.
Eat at least 1 protein-containing snack every day.



ANIMAL PROTEIN

beef, pork, chicken, turkey, fish, eggs, cheese, yogurt

PLANT PROTEIN

nuts, nut butters, seeds, beans, lentils, soy, tofu



TIPS FOR ADDING PROTEIN TO MEALS

- Add nuts or seeds to your salad
- Add eggs or yogurt to your breakfast
- Make soups or stews with beans or lentils
- Try lentil pasta

TIPS FOR ADDING PROTEIN TO SNACKS

- 1/4 cup trail mix
- Spread peanut or almond butter on celery, apples, or toast
- Dip veggies in hummus
- String cheese with cherry tomatoes

Healing Through Nutrition

Controlling Your Blood Sugar



CARBOHYDRATES

These foods may raise
your blood sugar
1 serving = 15 g carbohydrates

STARCHES

1 slice bread	1/2 cup corn
1/2 sandwich bun	1/2 cup peas
1/3 cup rice	1 small tortilla
1/2 cup cereal	1/2 cup beans
1/3 cup pasta	1/2 medium potato
6 crackers	or sweet potato

FRUIT & FRUIT JUICE

1/2 cup most fruit
1/2 medium banana
1 cup melon or berries
1/2 cup fruit juice
1 baseball-sized orange, apple, or pear

DAIRY

1 cup milk or soymilk
1 cup sugar-free yogurt
2 cups cottage cheese

NOT CARBOHYDRATES

These foods help stabilize
your blood sugar

PROTEINS

beef	pork
chicken	turkey
fish	seafood
eggs	cheese
nuts & seeds	nut butters

VEGETABLES

mixed greens celery
bell peppers tomatoes
mushrooms dark, leafy greens
any other non-starchy vegetable

HEALTHY FATS

avocado
olive oil
sugar-free vinaigrette salad dressing

- Aim for 3-4 servings of carbohydrates for each meal and 0-1 serving for snacks
- Always pair carbohydrates with non-carbohydrate foods
- Limit desserts and avoid sugary beverages