

Protein Needs for Wound Healing & Pressure Ulcers

How Much?

Eat 1.25 - 1.5 grams of Protein
for every 2.2 lbs of body weight

Example: 200 lbs person needs 114 - 136 g Protein

What's a Protein?

Meat & Fish



18 - 26 g per 3 oz serving
(size of a deck of cards)

Eggs & Dairy



7 - 15 g per serving
(1/2 cup cheese, 1 egg, 1 cup milk,
3/4 cup yogurt)

Nuts & Seeds



7 - 18 g protein per serving
(1/2 cup nuts or seeds, 2 Tbsp nut butter)

Beans & Soy Products



6 - 22 g per serving
(1 cup beans, 1 cup soy milk, 4 oz tofu)

Ways to Add More Protein

- Add powdered milk to other foods, such as pudding or soups.
- Add powdered protein to fruit smoothies and cooked cereal.
- Add beans to soup and chili.
- Add nuts, seeds, or wheat germ to yogurt.
- Spread peanut butter onto a banana.
- Mix cottage cheese into noodle dishes or casseroles.
- Sprinkle hard-boiled eggs on a salad.
- Grate cheese over vegetables and soups.

Other Key Nutrients to Increase



Did you know?

High blood sugar and lack of insulin delays wound healing.