

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

# Short-Term Nutrition Therapy for People with Skin Breakdown

This nutrition therapy will help your wound(s) heal faster.

## Recommended Foods

Follow a well-balanced eating plan with foods from each food group. (The food groups are Grains, Vegetables, Fruits, Meat and Beans, Milk, and Oil.) You can get more information from the MyPyramid Web site ([www.mypyramid.gov](http://www.mypyramid.gov)).

- Make sure to include foods high in protein (such as milk, meat, eggs and fish) with every meal and snack.
- Drink plenty of fluids (unless your doctor, nurse, or RD has told you to limit your fluid intake).



Food Group	Recommended Foods
<b>Meat and Other Protein Foods</b> (2-3 servings)	Beef, veal, pork, lamb, poultry Fish/seafood Eggs and egg products Tofu Dried beans Peanut butter
<b>Milk and Milk Products</b> (2-3 servings)	Whole, 2%-fat, 1%-fat, skim milk Buttermilk Cheese Yogurt
<b>Grains</b> (6-11 servings)	Bread Pasta Cereal (hot or cold) Cornmeal Crackers, pretzels Rice
<b>Fruit and Vegetables</b> (5-6 servings)	All
<b>Fats and Oils</b>	Oils Margarine Mayonnaise Cream cheese Salad dressings
<b>Beverages</b>	Fruit juices Decaffeinated coffee/tea

## Sample 1-Day Menu

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Foods marked with a \* have recipes on the following page.

<b>Breakfast</b>	<p> <math>\frac{3}{4}</math> cup orange juice            1 serving fortified oatmeal*            1 slice toast with 1 Tbsp butter or margarine  <math>\frac{1}{4}</math> cup scrambled egg made with whole milk and 1 oz cheese            1 cup whole milk            Sugar, salt, pepper            6 oz coffee, tea, or other beverage         </p>
<b>Lunch</b>	<p>           3 oz roast beef with 1 oz gravy  <math>\frac{1}{2}</math> cup buttered seasoned rice  <math>\frac{1}{2}</math> cup buttered seasoned peas            1 cup green salad with 2 Tbsp dressing            1 biscuit with 1 Tbsp butter or margarine  <math>\frac{1}{2}</math> cup ice cream            1 cup whole milk            Sugar, salt, pepper            6 oz coffee, tea, or other beverage         </p>
<b>Evening meal</b>	<p> <math>3\frac{1}{2}</math> oz baked chicken (with skin) with 1 oz gravy  <math>\frac{1}{2}</math> cup buttered mashed potatoes with 1 oz gravy  <math>\frac{1}{2}</math> cup buttered spinach            1 slice bread with 1 Tbsp butter or margarine            1 baked apple            1 cup whole milk            1 serving fortified pudding*            Sugar, salt, pepper            6 oz coffee, tea, or other beverage         </p>
<b>Bedtime snack</b>	<p>           1 serving creamsicle shake*            2 chocolate sandwich cookies (<math>1\frac{1}{2}</math> oz)         </p>

### Approximate Nutrition Analysis:

Calories: 3,585; Protein: 146g (16% of calories); Carbohydrate: 348g (38% of calories); Fat: 182g (45% of calories); Cholesterol: 975mg; Sodium: 6,500mg; Fiber: 17g

### Notes:

## Recipes

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### Fortified Oatmeal

(1 serving = approximately 10 oz or 1 1/3 cup portion = 355 calories, 8g protein)

- 1/3 cup oatmeal
- 1/2 cup half-and-half
- 1/2 cup water
- 1/3 tablespoon salt
- 1/3 tablespoon margarine or butter
- 1 tablespoon brown sugar

#### Directions:

1. Measure half-and-half, water, salt and margarine or butter into saucepan. Bring to a boil.
2. Add oatmeal and cook until thick.
3. Serve with brown sugar on top.

### Fortified Pudding

(1 serving = 260 calories, 4g protein)

- 1/4 cup instant pudding mix
- 1/2 cup half-and-half

**Directions:** Blend all ingredients together and serve.

### Orange Creamsicle Shake

(1 serving = 3/4 cup portion = 330 calories, 4g protein)

- 1/3 cup orange sherbet
- 1/2 cup half-and-half
- 1 tablespoon light corn syrup
- 1/3 tablespoons oil

**Directions:** Blend all ingredients together and serve.

## Shopping Tips

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- When possible, buy foods in small quantities so they are fresh when eaten.
- Check packages for “purchase by” or “use by” dates. Choose the freshest packages available and don’t use expired products.
- Avoid buying foods stored in bulk-type containers, such as rolls and buns. (The bins may not be clean.)
- Come home directly after purchasing your groceries so perishable foods do not thaw or spoil, especially in hot weather.

## Cooking Tips

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- Wash hands thoroughly before, during, and after preparing and eating meals.
- To avoid cross-contamination (the spread of germs from one food to another), clean all cooking and serving tools before and after use. Wash knives and cutting boards especially well.
- Wash raw foods well before eating. Check them for mold and damage. Do not eat moldy food or food with bruises or rotten spots.
- Cook meats, fish, poultry, and eggs until done.
- Keep hot foods hot (hotter than 140 degrees Fahrenheit), and keep cold foods cold (colder than 40 degrees Fahrenheit).
- Keep leftovers in the refrigerator for no more than 3 days. (Freeze extra portions immediately if you have more than you will eat in 3 days.)

### Notes: