

EATING HEALTHY AT HOME FOR ADULTS AFTER A BURN INJURY

Eating healthy at home after a burn injury can:

- a. Support wound healing
- b. Prevent infection
- c. Maintain muscle mass and a healthy weight



Strategies for healthy eating



- Eat food that is **rich in protein** at every meal. This includes lean meat, eggs, dairy products, seafood, tofu, lentils, beans, and nuts.



- Have **healthy snacks**, such as sliced fruits and veggies.



- Choose whole grain breads and other foods that are **rich in fiber**.



- Drink water during the day to **stay hydrated**.



- **Avoid foods with little nutritional value**. These include sugary drinks, desserts, candy, fatty meats, and white bread or crackers.



- Talk to your doctor about **vitamin and mineral supplements**.

For more information about **Healthy Eating After Burn Injury: For Adults**, visit: <https://msktc.org/burn/factsheets/healthy-eating-after-burn-injury-adults>

Source: Our health information content is based on research evidence and/or professional consensus and has been reviewed and approved by an editorial team of experts from the Burn Injury Model Systems. Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of this infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0009). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the federal government. Copyright © 2024 Model Systems Knowledge Translation Center (MSKTC). May be reproduced and distributed freely with appropriate attribution. Prior permission must be obtained for inclusion in fee-based materials.

