

GOOD NUTRITION FOR YOUR FEET: WHAT YOU CAN DO TO HELP HEAL A DIABETIC FOOT ULCER

MANAGE BLOOD SUGARS WITH GOOD NUTRITION

Eat a variety of foods that have a mix of carbohydrates (commonly referred to as “carbs”), protein, and fats to help manage your blood sugar.

KEY NUTRIENTS THAT AFFECT YOUR BLOOD SUGAR:

CARBS – can have a big impact on your blood sugar and raise it faster than protein or fat.

FIBER – can help slow digestion and limit the rise in your blood sugar after you’ve eaten.

PROTEIN & FAT – can help keep your blood sugar from spiking after a meal.

STRATEGIES FOR SUCCESS



BE MINDFUL OF SERVINGS SIZES:
Keep track of what and how much you eat.



CHOOSE UNPROCESSED CARBS:
Whole grains, vegetables, and fruits.



SELECT FEWER REFINED AND PROCESSED CARB FOODS:
White bread, cookies, and chips, etc.



LIMIT FOODS WITH ADDED SUGARS:
Muffins, cakes, sweetened beverages, fruit juice, etc.



INCLUDE PROTEIN AT EVERY MEAL



CONSUME HEALTHY FATS:
Nuts and seeds, avocado, and olive oil or canola oil.

NUTRITION THAT SUPPORTS WOUND HEALING

Your body needs nutrients to maintain healthy tissue and build new tissue. These nutrients support wound healing and keep your immune system healthy and strong.

KEY NUTRIENTS YOUR BODY NEEDS TO HELP HEAL A WOUND

CARBS: provide energy (calories) to help heal a wound.

PROTEIN: helps repair and rebuild your ulcer’s damaged tissues. Protein also maintains your muscle mass and your immune system.

VITAMIN C: helps your body make collagen, a protein that helps build new tissue to promote wound healing.

OTHER VITAMINS AND MINERALS: may help to reduce the risk of infections.

WATER: keeps you hydrated to maintain skin strength and supports blood circulation to provide nutrients and oxygen to help heal your ulcer.

The National Academy of Medicine recommends drinking about 9 cups of fluid for women and about 13 cups of fluid for men each day.

ORAL NUTRITIONAL SUPPLEMENTS

Your healthcare team may recommend oral nutritional supplements as part of your nutrition care plan.

Oral nutritional supplements can help people with diabetes meet their nutritional needs. Diabetes-specific oral nutritional supplements can help manage blood sugar and provide additional calories, protein, vitamins, and minerals that your body needs to help heal your foot ulcer.^{3,4}