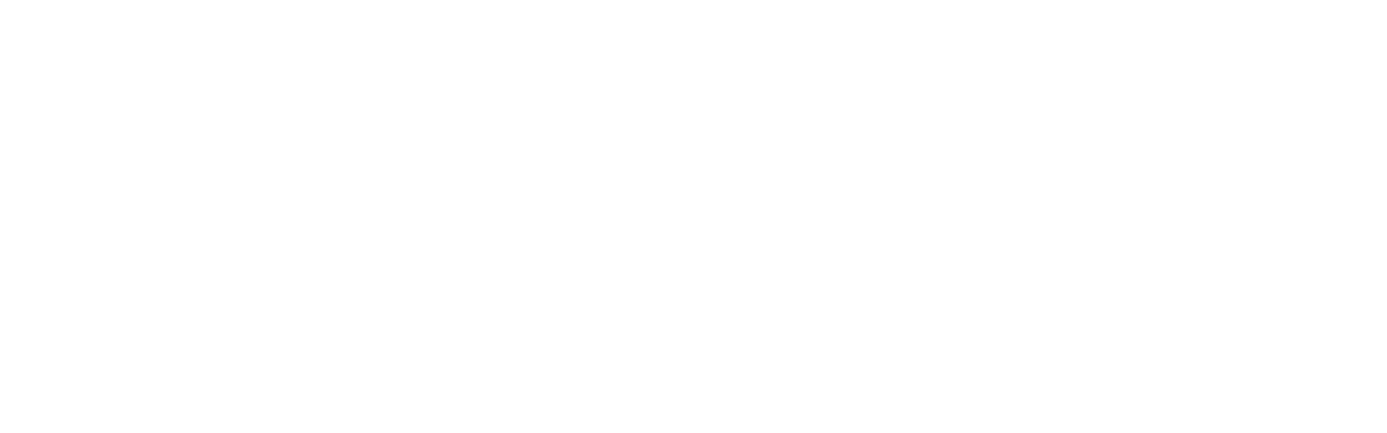
## Logo

(to be used with leaflet “*Food first – Eating well for wound healing”*)



**Exactly how much protein do I need?**

Protein needs are usually based on body weight, and most people who do not have a wound need to

eat about 1g of protein for every kg that they weigh, every day.

However, to heal a large wound the body usually requires 1¼ - 1½ times more protein than usual.

To work out how much protein is needed to heal a large wound, weight in kilograms is multiplied by

1.25 or 1.5

For example – a person who weighed 40kg and had a large wound would need to consume 50 – 60g protein every day to help heal their wound.

**The following table shows the protein content of foods which are good sources of protein:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Food** | **Amount** | **Energy content**  **(calories)** | **Protein content**  **(grams)** |
| **Meat** | | | |
| Chicken breast | 1 small | 148 | 32 |
| Pork chop | 1 small | 138 | 23.5 |
| Bolognese sauce | 3 tablespoons | 225 | 16.5 |
| Roast beef | 1 thick slice | 91 | 16 |
| Sausage | 1 | 118 | 6 |
| Bacon | 1 rasher | 72 | 6 |
| Liver pate | 40g portion | 139 | 5 |
| **Fish** | | | |
| Salmon steak | 1 small | 215 | 24 |
| Tinned tuna | ½ 200g tin | 99 | 23.5 |
| Smoked mackerel fillet | 1 | 354 | 19 |
| Breaded cod | 1 small fillet | 260 | 16 |
| Fish paste | ½ 35g jar | 30 | 2.5 |
| **Egg** | | | |
| Egg, boiled | 1 | 84 | 7 |
| Egg, fried | 1 | 107 | 7 |
| **Cheese** | | | |
| Reduced fat hard cheese | 25g (matchbox sized piece) | 76 | 6.5 |
| Hard cheese (cheddar) | 25g (matchbox sized piece) | 103 | 6 |
| Cottage cheese | 1 tablespoon | 40 | 5 |
| Cream cheese | 1 tablespoon | 66 | 0.5 |
| **Nuts** | | | |
| Peanuts | 1 dessertspoon | 120 | 5 |
| Pecans | 10 halves | 207 | 3 |
| Peanut butter | 1 dessertspoon | 75 | 2.5 |
| Hazelnuts | 10 | 65 | 1.5 |

|  |  |
| --- | --- |
| **Developed by** | Alison Smith, Prescribing Support Dietitian, Aylesbury Vale & Chiltern CCGs |
| **Date ratified** | 20th March 2014 (Medicines Management JET) |
| **Review date** | 20th March 2016 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Beans/pulses** | | | | |
| Soya beans (frozen) | | 1 tablespoon | 38 | 3.5 |
| Kidney beans, cooked | | 1 heaped tablespoon | 35 | 2.5 |
| Baked beans | | 1 heaped tablespoon | 34 | 2 |
| Butter beans, cooked | | 1 heaped tablespoon | 27 | 2 |
| Red lentils, cooked | | 1 tablespoon | 40 | 1 |
| **Quorn/soya/tofu** | | | | |
| Soya mince | | 100g | 100 | 15 |
| Tofu | | 100g | 76 | 8.5 |
| Quorn fillet | | 1 | 55 | 7 |
| **Milk and milky drinks** | | | | |
| Milkshake made with milk &  dried, skimmed milk powder\* | | 200ml (1 small mug full)  \*Made with full fat milk | 277 | 15.4 |
| Complan\* | | 310 | 12.5 |
| Fortified milk\* | | 200 | 12.5 |
| Build-Up\* | | 224 | 12 |
| Horlicks\* | | 235 | 9 |
| Ovaltine\* | | 230 | 8.5 |
| Bournvita\* | | 170 | 8.5 |
| Full fat milk | | 140 | 7 |
| Semi skimmed milk | | 95 | 7 |
| Skimmed milk | | 66 | 7 |
| Milkshake\* | | 200 | 7 |
| Hot chocolate\* | | 180 | 7 |
| Cocoa\* | | 168 | 7 |
| Milky coffee\* | | 140 | 5 |
| **Snacks** | | | | |
| ¼ sandwich with pate | ½ slice bread + thickly spread pate | | 111 | 4 |
| Peanuts | | 1 dessert spoon | 120 | 5 |
| Mini Scotch egg | | 1 | 72 | 3.5 |
| Mini pork pie | | 1 | 118 | 3 |
| Sausage roll | | 1 medium | 230 | 6 |
| Custard | | 150g pot | 150 | 5 |
| Low fat custard | | 150g pot | 135 | 5 |
| Custard tart | | 1 small | 260 | 6 |
| Rice pudding | | 1 small tub | 102 | 4 |
| Thick & creamy yoghurt | | 150g pot | 230 | 5 |
| Low fat yogurt | | 125g pot | 98 | 5 |
| Virtually fat free yogurt | | 175g pot | 89 | 7 |
| Fromage frais | | 50g pot | 62 | 2.5 |
| **Fortifiers** | | | | |
| Dried skimmed milk powder | | 1 tablespoon | 55 | 5.5 |
| Cheese, grated | | 1 tablespoon | 40 | 2.5 |
| Greek yogurt | | 1 tablespoon | 61 | 2 |
| Plain low fat yogurt | | 1 tablespoon | 22 | 2 |
| Ground almonds | | 1 tablespoon | 60 | 2 |

