## 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:**

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| **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 |

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| **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 |

