

# Nutrition for recovery: Burns and wounds



## Nutrition Services

4480 Oak Street, Vancouver, BC V6H 3V4  
604-875-2345 1-888-300-3088  
www.bcchildrens.ca

## Your child needs to eat more calories and protein to heal. They may also need vitamin and mineral supplements.

When your child has a new burn or wound, food is very important. Your child needs more calories (energy) to help heal the skin. Your child also needs energy to play and grow.

### These tips will help you give your child what they need to heal:

#### Optimize meal times

- ✓ Offer 3 meals and 2 or 3 snacks a day.
- ✓ Drinking too much before meals makes your child feel full. Offer milk during meals. Offer water and juice after meals.
- ✓ If your child is not eating enough, try a nutrition supplement like PediaSure, Carnation Instant Breakfast or Ensure. These drinks increase energy and fluids.

#### Offer high calorie foods

Your child can eat and drink more calories by:

- Eating bigger portions
- Eating more often

Offer your child foods that are high in calories, like:

- Whole milk or heavy cream
- Full-fat cheese or cream cheese
- Avocado
- Dried fruit
- Sour cream, high fat yogurt
- Salad dressing, mayonnaise
- Gravy or sauces

### Need ideas? Offer your child these high-calorie meals and snacks:

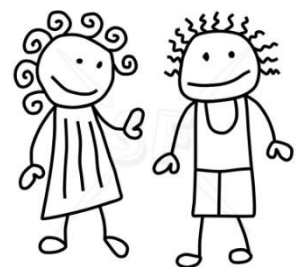
- Avocado and high-fat yogurt in a fruit smoothie
- Cheese and crackers
- Trail mix with dried fruit
- Cream cheese on crackers, on fruit slices or on raw veggies
- Stir cream or evaporated milk into recipes asking for milk
- Choose bagels and muffins instead of plain bread

### High Protein Foods

Protein helps to keep your child's muscles and immune system strong. All children need protein. Your child will need extra protein to help them heal. Protein powder is an option, but not necessary. Talk to your health care provider.

For each meal and snack, include a protein food like:

- Meat
- Eggs
- Nut butter
- Tofu
- Beans, lentils
- Yogurt
- Milk
- Cheese



### Need ideas? These snacks include protein:

- Peanut butter on celery sticks or banana
- String cheese
- Carrots dipped in hummus
- Apples with nut butter or glass of milk

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## Multivitamin and Mineral Supplements

Most children get enough vitamins and minerals by eating regular meals with a variety of foods. If your child's wound is not healing, ask your doctor or dietitian if your child could benefit from a multivitamin and mineral.

Vitamins and minerals that are important for healing are:

- Vitamin C
- Vitamin D
- Zinc
- Calcium



Look for a multivitamin that has most of these important vitamins and minerals.

Depending on age, there are many options available in the grocery stores. Consult your local Pharmacist or Dietitian.

## Resources

### In-Patient Dietitian

If your child is admitted to hospital, a hospital dietitian will meet with your family.

### Out-Patient Dietitian Resources

To speak with a pediatric dietitian, call Health Link BC at 8-1-1  
Monday – Friday from 9:00 – 5:00pm

Your family doctor may refer you to a dietitian in your community.

## Division of Responsibility

Responsibility at meal times changes as your child grows.

If your child is between 6 months and 1 year old:

- You decide **what** your child eats, and
- Your child decides **how much** and **how often** they eat.

If your child is 1 year old, or older:

- You decide **what, when,** and **where** your child eats, and
- Your child decides **how much** and **whether** they will eat.

These roles stay the same even when your child is unwell or eating to heal.

## Notes/Questions:

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