



Patient/carer information: Food first - Eating well for wound healing: Additional information (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

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)	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*		*Made with full fat milk	140
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
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