Nutrition after a Burn Injury

Burn injuries can cause large increases in your nutritional needs and will vary with the size of your burn and burn care plans.

Our bodies get energy from calories found in the foods we eat. People with burn injuries may need greater amount calories to help promote wound healing, graft take, or weight gain.

Tips for getting more calories in your diet:

- Eat 3 meals per day plus snacks or eat smaller, more frequent meals (~6 meals per day)
- Never skip meals
- Always keep nutritious snacks near by
- Stay away from sodas (diet and regular), sports drinks, and other sugary beverages, as these drinks are non-nutritious sources of calories. Focus on drinking milk or soy milk, milkshakes, protein shakes, and 100% vegetable juices or smoothies.

Protein, Protein, Protein!

Protein, a nutrient found in meats, fish, poultry, beans, legumes, nuts, eggs, and dairy will need to be the focus of your diet for post-burn recovery. Protein helps with wound healing by supporting skin growth and building muscle.

- Try to consume 2-3 protein containing foods with all meals.

Vary Your Fruit and Vegetable intake

Generally speaking, we all need to consume at least 5 servings of fruits/vegetables per day. Focus on eating fruits and vegetables of various colors.

- If your fruit and vegetable intake is infrequent or you do not eat these foods with every meal, consider taking a daily multivitamin with minerals.