



# NUTRITION & FLUIDS

## SKIN HEALTH AND YOUR DIET

You and your care team can help keep your skin healthy by eating a balanced diet and drinking plenty of fluids.

Increase your appetite by eating small meals more often or adding healthy snacks. Variety is important—what doesn't sound good today may be more likable tomorrow. If you have difficulty maintaining a balanced diet, talk with your healthcare provider about multivitamin supplements and ask about visiting with our dietitian to discuss your options.

## HEALING SNACKS

Some foods that have high amounts of protein and certain vitamins and minerals may help improve healing. Here's a list that can be helpful when choosing foods and snacks:

- **Protein** Meat, beans, cheese, peanut butter, eggs, milk, cottage cheese, yogurt.
- **Vitamin A** Liver, egg yolks, deep green, yellow and orange fruits and vegetables.
- **Zinc** Shellfish, oatmeal, spinach, nuts, meats.
- **Iron** Liver, sardines, tuna, raisins, dried prunes, dried peaches, dried beans.
- **Vitamin E** Meat, whole grains, green leafy vegetables, egg yolks.

## DEHYDRATION

Dehydration can increase your risk of skin breakdown. Causes of dehydration include vomiting, diarrhea or decreasing your fluids to limit the number of trips you make to the bathroom.

To avoid dehydration, drink small sips throughout the day and keep a water bottle nearby at all times.

Call your healthcare provider if there is any sign of weight loss, decreased appetite, dehydration, severe diarrhea or general weakness.

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