

Tip 5. If you are helping someone who is unable to eat independently provide support.

- Provide adapted cutlery or crockery to support their independence.
- Provide assistance (prompting, encouragement or feeding) when needed.



If you have a long-term condition, or you have been advised to have a texture modified diet/fluids, please consult your dietitian, speech and language therapist or doctor before following these tips.

This resource uses information originally produced by NHS Improvement (January, 2018), adapted with their kind permission.

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Patient advice and liaison service (PALS)

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If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Date published: 24/04/2018
Review date: 24/04/2020
Ref: PPP/Nut&Diet/FNTHPPU/01

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Five Nutritional Tips to Help Prevent Pressure Ulcers

A patient's guide



If an individual is malnourished or dehydrated they are at an increased risk of developing pressure ulcers. These five tips may help improve an individual's nutritional status and reduce that risk.

Tip 1. Have a healthy balanced diet and adequate energy intake – this may prevent skin breakdown and improve healing rates.

- Carbohydrates provide the body with energy. These should form the basis of the diet and be eaten at each meal. For example bread, rice, pasta, potatoes and cereal. Choose wholegrain or high fibre options.
- Protein helps make collagen and new tissue. Aim to have two to three portions each day. For example, meat, fish, beans, pulses, eggs, dairy, soy.
- Vitamins and minerals help provide immunity to infection, are involved in blood clotting, skin repair. These are found in fruits and vegetables. Aim to have five portions each day. These can be fresh, frozen, dried or canned.
- For more information on a healthy balanced diet, see: <https://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

Tip 2. Stay hydrated to help maintain skin health.

- Have six to eight drinks (1.5 litres) per day (unless you have a medical condition which restricts intake). This could include water, tea, coffee, milk and/or juice.
- Include foods containing fluid as part of your daily intake; for example, soup, cereal with milk, cream, custard and fruit and vegetables.
- If you lose fluid because of excessive sweating, excessive urination, fluid from a wound, diarrhoea or vomiting, you may need to increase your fluid intake.



Tip 3. If your appetite is poor or you need food high in energy and protein because of your illness, weight loss or surgery, try to increase your nutritional intake.

- Try to eat little and often.
- Choose full fat, high calorie and high protein foods.
- Have snacks like full fat yoghurt, cheese and biscuits, milky drinks, dairy-based puddings.
- Add butter, dry milk powder, or cream to porridge, cereal, gravies and soups.
- For more information and advice, see: www.bda.uk.com/foodfacts/MalnutritionFactSheet.pdf

Tip 4. If you are overweight or obese try to achieve a healthier weight.

- Follow the previous healthy balanced diet advice (tip 1).
- Consider your portion sizes.
- Choose low-fat dairy foods.
- Remove visible fat from meat.
- Avoid high sugar foods e.g. biscuits, cakes, chocolate, fizzy drinks, sweets.
- Avoid crash diets.
- For more information and advice, see: https://www.bda.uk.com/foodfacts/weight_loss

