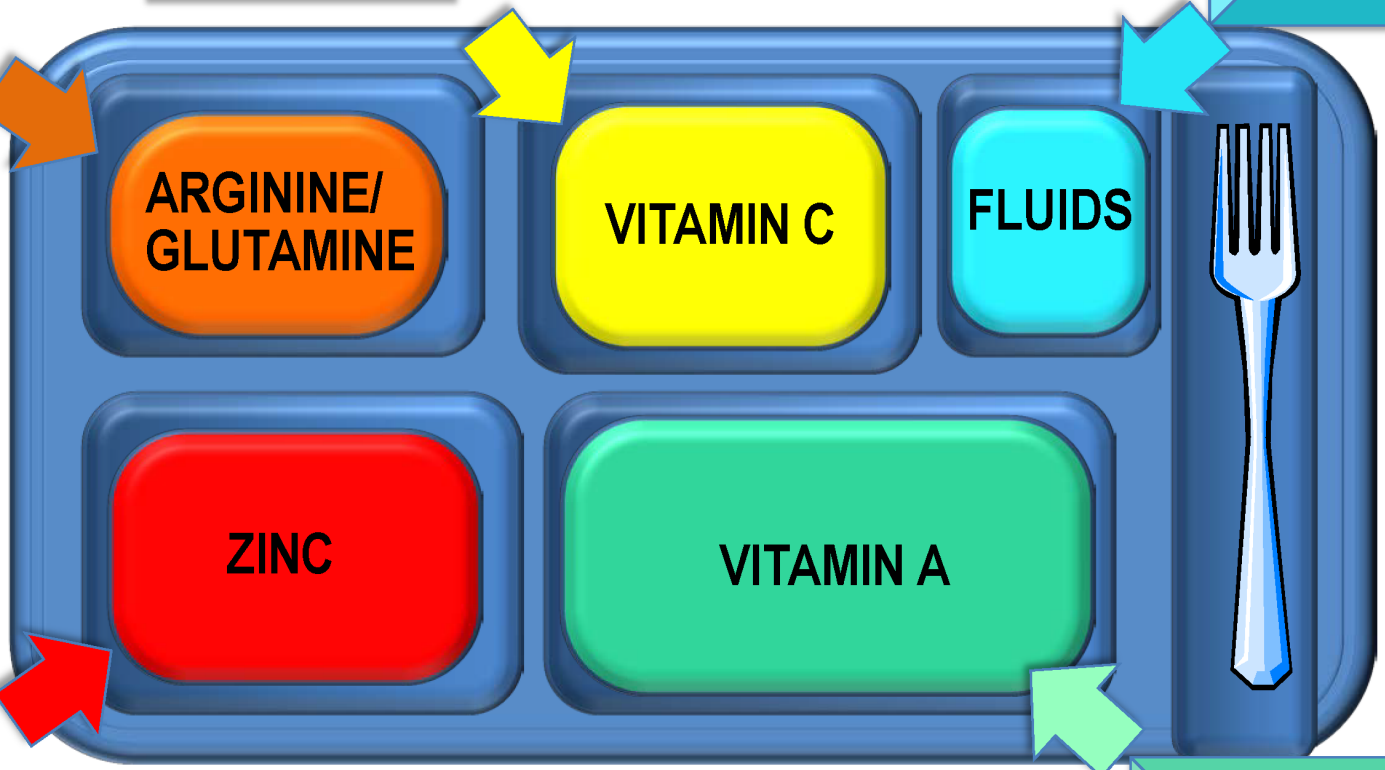
Pressure Ulcer Healing Tray













ARGININE

- ✓ Nuts (Almonds, pecans, cashews)
- ✓ Eggs
- ✓ Spinach
- ✓ Lima & Kidney beans
- ✓ Brown rice or quinoa
- ✓ Beef, veal, chicken

VITAMIN C

- ✓ Broccoli
- ✓ Red & green peppers
- ✓ Potatoes
- ✓ Strawberries, oranges & grapefruit

FLUIDS

- ✓ Water
- ✓ Juices
- ✓ Milk, Protein shakes

ZINC

- ✓ Crustaceans (oysters, crab meat, lobster)
- ✓ Red meats, poultry
- ✓ Fortified breakfast cereals

VITAMIN A

- ✓ Salmon & Organ meats
- ✓ Green leafy vegetables (Kale, Broccoli); Orange & yellow vegetables (carrots , squash)
- ✓ Dairy products