Pressure Ulcer Healing Tray

**FLUIDS**
- Water
- Juices
- Milk
- Protein shakes

**VITAMIN C**
- Broccoli
- Red & green peppers
- Potatoes
- Strawberries, oranges, grapefruit

**ARGinine/Glutamine**
- Nuts (almonds, pecans, cashews)
- Eggs
- Spinach
- Lima & kidney beans
- Brown rice or quinoa
- Beef, veal, chicken

**VITAMIN A**
- Salmon & organ meats
- Green leafy vegetables (kale, broccoli, orange & yellow vegetables)
- Dairy products
- Carrots, squash
- Fortified breakfast cereals

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