

Best Foods to Help Heal Cuts and Scars

What to eat to boost scar recovery.

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Eat these to reduce scarring after an injury. By Deborah Lin

You know not to pick at your wound and to change the dressing regularly to prevent infection - but do you know what are the top foods you should be eating to boost wound recovery and prevent scarring?

Other than protein, which is the basic building block for scar recovery and is necessary for healing tissue, Jaclyn Reutens, a clinical dietitian at [Aptima Nutrition & Sports Consultants](#), recommends the following.



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1. Iron for haemoglobin production

What to eat to help heal wounds and prevent scars: Chicken, beef, pork, tofu, beans and legumes. These are also high in protein.

2. Vitamin C for collagen production

What to eat to help heal wounds and prevent scars: Kiwi fruit, oranges, tomatoes, strawberries, dark green leafy vegetables, capsicum and broccoli.

3. Zinc for growth and tissue repair

What to eat to help heal wounds and prevent scars: Chicken, fish, beef, pork, walnuts, beans and wholegrain products such as wholemeal bread and high-fibre cereals.

4. Vitamin E for its antioxidant properties

What to eat to help heal wounds and prevent scars: Avocados, sunflower seeds, wheat germ and egg yolks.
