



## Dietary Principles for Fracture Patients 骨折病人飲食原則(英文)

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### Dietary Principles

1. Balanced daily food intake with a variety of nutrients covering the 6 food categories:
  - Milk
  - Grains
  - Eggs, beans, fish, and meat
  - Vegetables
  - Fruit
  - Oil
2. After patients suffer from fracture related surgery and injury, they face accelerated protein loss that requires food containing high biological protein value like milk skim or low-fat, eggs, lean meat, fish, poultry, and nutritional supplements. Use soy beans and vegetable protein products for supplement as well.
3. For patients to speed up wound healing, help them increase resistance to infectious diseases; and have them intake more vitamin C rich food like fruits, and dark green and yellow or red vegetables like guavas, citrus, lemons, and tomatoes.
4. Bones are mainly composed of calcium; fractured patients with deficient calcium should intake more food containing such nutrient. Milk is an important source for calcium as well as other calcium rich foods like dried fish, oysters, clams, egg yolk, soy beans and related products (such as bean sticks, Yuba), dark green vegetables, Nostoc, seaweed, black sesame, white sesame seeds, and yeast powder.
5. Fractured patients should intake vitamin D rich foods because it helps calcify bones and promotes the use of calcium. Vitamin D rich foods include egg yolk, milk, animal liver, and cod-liver oil. In

- addition, sunlight activates vitamin D of the skin; therefore, exposing to sunlight frequently is a good way to obtain vitamin D.
6. Drink plenty of water to increase digestion and absorption, transport nutrients, and prevent and improve constipation; for bed-ridden patients, they should drink at least 3000~4000c.c. of water to dilute concentrated urine and prevent stone built-up.
  7. Avoid drinks containing caffeine like coffee, tea, and cola.
  8. Intake collagen-rich food to promote bone repair; and food include tendons, frozen chicken feet, and frozen pig feet. Patients with hypercholesterolemia should avoid eating frozen pig feet.

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若有任何疑問·請不吝與我們聯絡  
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