

# Importance of Complete Diet in Fracture Healing



A fracture is a term coined for a broken bone. It can occur due to a variety of factors, such as falls, accidents, or sports injuries. Fractures can be minor or severe, and they can affect any bone in the body. In severe fractures, surgery is required, and it may also involve the use of [trauma implants](#).

The healing process for a bone fracture can take several weeks or months. During this time, the body needs a lot of nutrients to help the bone repair itself. A healthy diet can play a key role in supporting fracture healing.

## The nutrients that are important for fracture healing

There are a number of nutrients that are important for fracture healing. These include:

**Calcium:** Calcium is the main mineral that makes up bones. It is essential for the formation of new bone tissue. Eat plenty of calcium-rich foods. Dairy products, green leafy veggies, and fortified foods are rich in calcium.

**Vitamin D:** Vitamin D is required by the body for the proper absorption of calcium. Get enough of it. You can get vitamin D naturally from sunlight. However, if you don't get enough sunlight, you may need to take a vitamin D supplement.

**Vitamin K:** It is also important for fracture healing. Vitamin K helps the body produce proteins that are needed for bone formation.

**Protein:** Protein is essential for the growth and repair of all tissues in the body, including bones. Good sources of protein include meat, poultry, fish, eggs, dairy products, and beans.

**Zinc:** Zinc is a mineral that helps the body heal wounds and injuries. It is also involved in the production of collagen, which is a protein that is important for bone formation. Include zinc-rich foods in your diet. Good sources of zinc include meat, poultry, fish, eggs, beans, nuts, and seeds.

**Iron:** Iron is a mineral that helps the body carry oxygen to the tissues. It is also important for the production of red blood cells, which are needed for wound healing. Good sources of iron include meat, poultry, fish, beans, lentils, and leafy green vegetables.

**Potassium:** Potassium is a mineral that helps the body maintain fluid balance. It also plays a vital role in muscle function. Good sources of potassium include fruits, vegetables, and whole grains.

In addition to eating a healthy diet, it is also important to get enough rest and exercise after a fracture. Rest helps the bone heal, and exercise helps to keep the muscles strong and healthy.

## Tips for following a healthy diet after a fracture

- ❑ Talk to your doctor or a registered dietitian about creating a personalized diet plan for you.
- ❑ Be regular with your meals.
- ❑ Avoid sugary drinks and processed foods.
- ❑ Drink plenty of fluids, especially water.
- ❑ If you are taking a calcium supplement, make sure to take it with food.
- ❑ If you have any questions about your diet, be sure to talk to your doctor or a registered dietitian.

If you want to be a part of an international medical conference and meet industry leaders, register for [Medical Fair Thailand Expo](#). The event will go live from 13-15 September 2023 at BITEC, Bangkok.

**Siora Surgicals Pvt. Ltd.**

**Address:** WZ- 1, 2nd Floor, Phool Bagh, RamPura New Delhi, India

**Mobile:** +(91)-9810021264

**Email:** [online@siora.net](mailto:online@siora.net)

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