

Burn information

Why is nutrition important for children after a burn injury?

Children need protein, energy and nutrients to grow. Good nutrition reduces the risk of infection and helps wounds heal faster. Extra nutrition is required after a burn injury to help wounds heal and to assist 'normal' growth and development. A high protein, high energy diet helps children obtain these nutrients after a burn injury. Your burns Consultant may order additional nutritional support, which your team will discuss with you. While in hospital, the burns Dietician can work with you to provide menu ideas relevant to your child and any food allergies that they may have.

Why might your child not have an appetite?

- Drowsiness from medication
- Nausea, pain or itch
- Unfamiliar surroundings and food
- Impact of the burn injury on their body as well as the burn size and location.

How can you encourage your child to eat and drink?

- Do not let your child fill up on fluids before meal time
- Offer small amounts of healthy food frequently throughout day
- Offer food you feel they can handle and will like
- Eat with your child and stay positive when offering food and drink
- Praise your child for eating well and trying to eat well.

General tips to improve your child's energy levels

- Include high protein and high energy foods at every meal
- Try foods that require less chewing and are easily consumed
- Get into the habit of having two or more milk drinks per day, which are high in energy and protein.

High protein foods

- Full cream dairy products e.g. milk, cheese, yogurt, ice cream and custard
- Meat e.g. beef, lamb, chicken and fish
- Eggs
- Beans, legumes and seeds.



High energy foods

- Avocados, bananas
- Full cream dairy products e.g. milk, cheese, yogurt, ice cream and custard
- Mayonnaise

High protein and energy ideas

- be generous with energy and protein serves
- add extra full cream dairy to meals and snacks
- add extra full cream milk powder to milk drinks or cheese dishes
- add seeds to salads or cereals
- add honey to cereals, desserts and drinks (not recommended for children under one year of age)
- make high energy drinks on the basis of milkshakes with full cream, milk powder, fruit and yoghurt
- keep lots of ready to eat snacks handy such as fruit, raw vegies, yogurt, cheese and dips
- treats and “take-away” are high energy but low nutrition. If your child is eating a lot of these foods, they may not get enough nutrition for healing, growth and development.

For further information or assistance please speak to one of your nurses on 6456 3630.



Government of **Western Australia**
Child and Adolescent Health Service

This document can be made available in alternative formats on request for a person with a disability.

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