

# Heal with Every Meal

## Foods That Support Scar Healing

### Soothe Your Skin

Anti-Inflammatory Foods for Scar Recovery

Salmon  
Avocado  
Flaxseeds  
Chia Seeds  
Walnuts

### Boost Collagen

Vitamin C Foods for Scar Repair

Oranges  
Broccoli  
Kale  
Red Peppers  
Strawberries  
Kiwi

### Build & Repair

Protein Essentials for Scar Healing

Turkey  
Lentils  
Chicken Breast  
Quinoa  
Eggs  
Greek Yoghurt

### Nourish Your Scar

Key Nutrients for Optimal Healing

Almonds  
Sweet Potatoes  
Carrots  
Sunflower Seeds  
Spinach  
Mango

### Defend & Renew

Antioxidants for Healthy Scar Recovery

Berries  
Pumpkin Seeds  
Green Tea  
Papaya  
Blueberries  
Dark Chocolate

### Hydration Helpers

Foods to Keep You and Your Scar Hydrated

Peaches  
Oranges  
Bell Peppers  
Watermelon  
Zucchini/Courgette  
Lettuce  
Cucumber  
Coconut Water  
Herbal Teas  
Strawberries  
Tomatoes  
Celery

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