

# GET BACK IN THE GAME

#COACHTOOLKIT

**Injuries come with the territory for athletes.**

Proper nutrition following an injury is an important part of getting back in the game. Follow these nutrition recommendations to enhance and speed up recovery.

## KEY NUTRIENTS TO PROMOTE RECOVERY



### CARBS

Consuming adequate carbohydrates helps to ensure that your body can maximize its use of protein. Include whole grains, fruits, vegetables, dairy products, and fiber.



### PROTEIN

Quality protein is vital in repairing muscle damage and preventing muscle breakdown while minimizing strength losses.



### ANTIOXIDANTS

In the recovery phase, we should try to reduce inflammation. Here are some proven anti-oxidants that can help.

#### VITAMIN A

##### Foods high in Vitamin A

- Carrots
- Milk
- Spinach
- Sweet potato

#### VITAMIN C

##### Foods high in Vitamin C

- Broccoli
- Grapefruit
- Kiwi fruit
- Orange juice
- Red pepper
- Strawberries



### OTHER NUTRIENTS TO PROMOTE RECOVERY

#### ZINC

##### Foods high in Zinc

- Baked beans
- Beef
- Chicken (dark meat)
- Fortified breakfast cereal
- Pumpkin seeds

#### VITAMIN D

##### Foods high in Vitamin D

- Egg yolk
- Salmon
- Tuna

#### OMEGA-3 FATTY ACIDS

##### Foods high in Omega-3 Fatty Acids

- Herring
- Mackerel
- Salmon
- Sardines
- Trout

#### GELATIN/COLLAGEN

##### Foods high in Collagen

- Bone broth
- Fish
- Lunch meats
- Poultry

When recovering from an injury, it's important to continue feeding your body the right nutrients to support your recovery.

**TAKE THE NCCP SPORT NUTRITION E-LEARNING MODULE TO LEARN MORE VALUABLE INFORMATION!**



Coaching Association of Canada  
Association canadienne des entraîneurs

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