GET BACK IN THE GAME

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.

### Other Nutrients to Promote Recovery

#### Zinc

Foods high in Zinc
- Beet greens
- Beef
- Chicken (dark meat)
- Fortified breakfast cereal
- Pumpkin seeds

#### Vitamin C

Foods high in Vitamin C
- Broccoli
- Grapefruit
- Kiwi fruit
- Orange juice
- Red pepper
- Strawberries

#### Omega-3 Fatty Acids

Foods high in Omega-3
- Herring
- Mackerel
- Salmon
- Sardines
- Trout

#### Gelatin/Collagen

Foods high in Collagen
- Bone broth
- Fish
- Luncheon 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!**

**References**