

NUTRITION FOR INJURIES

MACRONUTRIENTS



CARBOHYDRATES - SYNTHESIZE PROTEIN, PROVIDE ENERGY, HELP MUSCLE RECOVERY

- whole grains - brown rice, oats, whole wheat, barley, couscous, millet, bulgur, farro
- pseudograins - quinoa, amaranth, buckwheat
- starchy vegetables - beans, lentils, squash, pumpkin, potatoes, sweet potatoes
- vegetables - greens, cauliflower, carrots, broccoli, peppers, cucumber, mushrooms, etc.
- fruit - banana, apple, berries, cherries, pomegranates, citrus, mango

PROTEIN - DECREASE MUSCLE ATROPHY, BUILDS, REPAIRS AND SUPPORTS MUSCLES

- animal sources - chicken, beef, pork, eggs
- dairy sources - milk, yogurt, cottage cheese, kefir
- plant sources - beans, lentils, peas, edamame, tempeh, tofu, whole grains, quinoa, nuts, seeds, peanut butter

FAT - LUBRICATES JOINTS AND MUSCLES, REDUCE INFLAMMATION AND SWELLING, IMPROVE CIRCULATION AND SCARING

- unsaturated - nuts (almonds, pecans, cashews, etc), peanuts, olive oil, olives, avocado, fish (tuna, salmon, trout), seeds (chia, flax, hemp, pumpkin, sesame), tofu, tempeh
- Omega 3 fatty acids - spinach, broccoli, avocado, kidney beans, flax seeds, peanuts, tofu, salmon, eggs, lamb, tuna, anchovies,



WATER - HYDRATES, HELPS WITH CIRCULATION AND WASTE REMOVAL

MICRONUTRIENTS

VITAMIN C -

**KEEPS SKIN, BONES, AND SOFT TISSUE
IN GOOD CONDITION**

- cherries, yellow peppers, thyme, parsley, spinach, kale, kiwi, broccoli, lemons, strawberries, papaya, guava, oranges

CALCIUM -

**HELPS TO REPAIR BONES AND KEEP
THEM STRONG**

- chia seeds, sesame seeds, parmesan, cottage cheese, yogurt, beans, lentils, almonds, kale, spinach, amaranth, tofu, milk, edemame

VITAMIN D -

**SUPPORT AND ABSORB CALCIUM, REDUCE
INFLAMMATION, IMMUNE SYSTEM SUPPORT**

- fortified foods (cereals, milk, soy milk, orange juice), mushrooms, canned tuna, salmon

IRON -

**HELPS PRODUCE RED BLOOD CELLS AND
COLLAGEN FOR BONE REGENERATION**

- beans, lentils, beef, clams, chicken, turkey, salmon, tuna, tofu, enriched breakfast cereals, pumpkin seeds, sesame seeds, split peas, spinach, broccoli, brown rice

MAGNESIUM -

**SUPPORT HEALTHY NERVE AND MUSCLE
FUNCTION, BONE PRODUCTION**

- salmon, halibut, spinach, swiss chard, edamame, potatoes with skin, fortified cereals, tempeh, black eyed peas, beans, cashews, peanut butter, flaxseed, almonds

POTASSIUM -

**REGULATES MUSCLE CONTRACTION,
HELPS WITH NERVE FUNCTION**

- bananas, sweet potatoes, beets, spinach, orange juice, avocado, salmon, coconut water

OMEGA 3 -

**HELP REDUCE INFLAMMATION AND
SWELLING, REDUCE SCAR TISSUE**

- salmon and other fish, flaxseed, chia seeds, walnuts, eggs

ANTIOXIDANTS -

**SPEED UP HEALING PROCESS, HELP WITH
INFLAMMATION, PREVENT CELL DAMAGE**

