Nutrition for Recovery from Injury

What you eat and drink when you have had an injury can speed up your recovery significantly. Therefore it is key to follow the dietary habits outlined below to maximise your recovery from injury:

Have regular meals throughout the day, each of which should contain a source of good quality protein.
 Protein is the building block of all tissues within the body, and therefore are essential for you to be able to repair the damaged tissues effectively. Look to have 15-20g of good quality protein in each meal.

If you are doing rehab exercise, make sure you have a good source of protein immediately after the physio session. This will maximise recovery and reduce any soreness you may feel. A pint of milk is ideal, or try a small tub of low fat greek yogurt.

- Increase your fruit and vegetable intake to 8-10 portions of per day.

Fruit and vegetables contain a significant portion of the vitamins and minerals we have within our diet. Many of these vitamins and minerals, and especially Vitamin C are essential for our body to effectively repair themselves. By increasing your fruit and vegetable intake you will ensure you are getting all the nutrients you need to repair your injury.

Good Quality Protein

100g Meat (e.g. chicken, beef etc.)

100g Fish (e.g. Salmon)

1 Handful of mixed nuts

150g of low Fat Greek Yogurt

1 Pint of Milk

"A portion of fruit or vegetables is one which fits in the palm of your hand."

"Eat the colour of the rainbow in vegetables each day"

- Eat foods which heal and avoid foods which harm.

An injury is stressful on the body, make sure you choose unprocessed foods as these do not cause stress on the body. If you eat a high amount of processed food the body has a stress response and this may delay

healing time.

Goods Which Harm Foods Which Heal O tes O Reco Cessed Offert le & market thin han) Milk (Organic is better) Cheap Mear Sweets & Chocolote Cing Dinks [es. coke) Fruit and Vegetables White Stead Berries (e.g. Blueberries) Nuts and Seeds Herbs and Spices (especially Jurmeric) O'ake Ofway Cood Bugget Coods Sugar Cooks Sugar Cereal es. Crosties Pinnamon Ortocessed Coods garlic grass fed Meat Fire Virgin Olive Oil Otargetine Pineapple Wholemeal Pasta Bread Brown Rice Written by Dr Kevin Currell Avocados **Head of Performance Nutrition English Institute of Sport**