

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:

1 - 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.

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

2 - 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.

“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”

3 - 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.

