



NFLPA

Nutrition for Injury Recovery

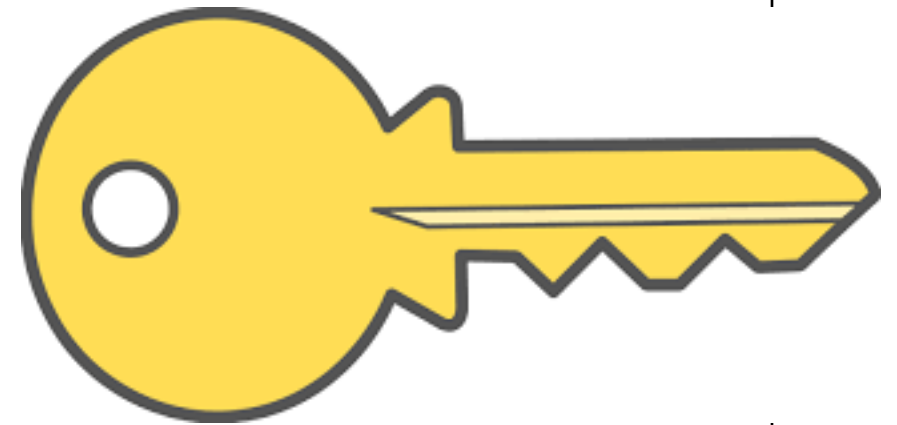
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WHAT HAPPENS AFTER AN INJURY?

- Inflammation occurs to bring nutrients to the cells. Your body is *repairing* tissue.
- Metabolic Demand goes up 15-25%
- Protein Demands increase 20%

KEY CONSIDERATIONS

- Eat enough food & protein

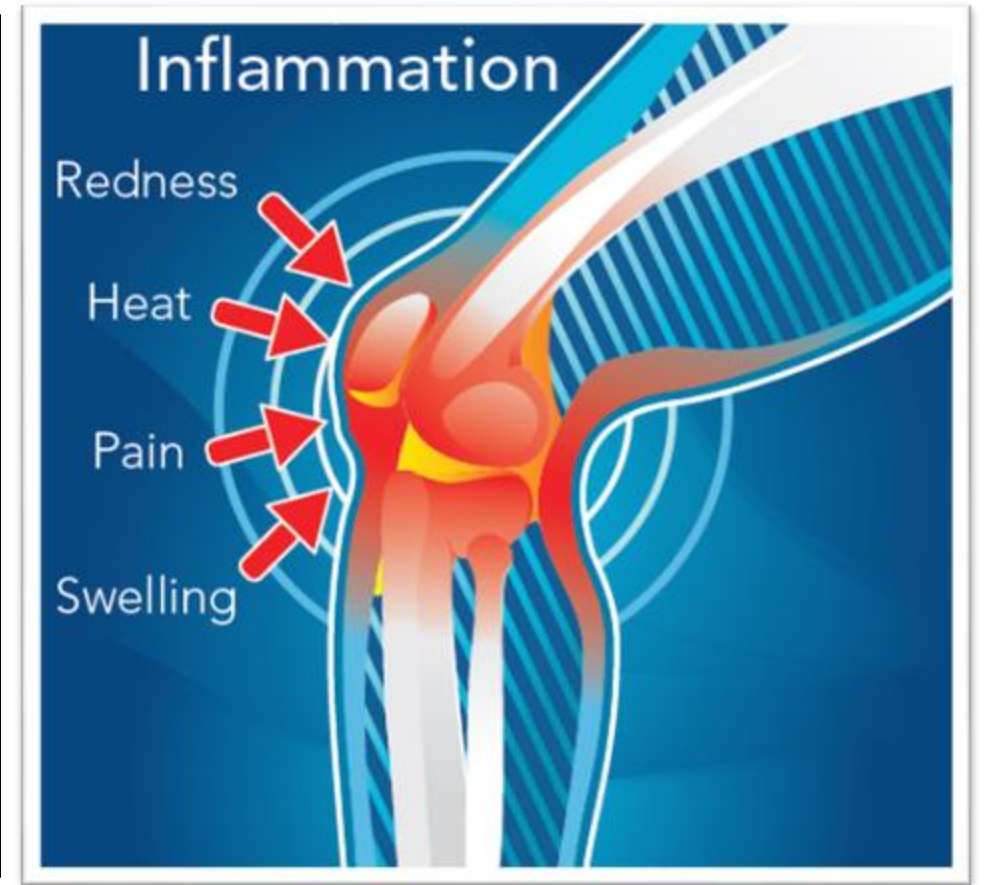


INFLAMMATION

Immediately after injury or surgery (this stage will start again from day 1 after surgery)

Inflammation helps recovery but ***too much inflammation can cause limited mobility and damage to healthy tissue around the injury.***

1. Balance inflammation through diet and supplements.
2. Nutrients & amino acids are needed in high demand and ***supplement are important*** during this stage. *Curcumin, Zinc, Vitamin C, Collagen, Vitamin A, Copper*



2-4 WEEKS

- **Building new cells , removing dead cells, rebuilding the area.**

Soft tissue takes less time than bones (less blood in bones to deliver the nutrients)

Similar to building muscle in the weight room, **we want to rebuild tissue.**



4 WEEKS-2 YEARS *AND BEYOND*

- **Strengthening and permanent tissue generation.**
- Protein, Anti-oxidants, Anti-inflammatory foods
- Increase carbohydrates and activity level begins to increase
- Have a recovery meal or snack after rehab sessions with healthy carbohydrates and protein

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| <ul style="list-style-type: none">▪ Whole grain carbs to fuel workouts and recovery▪ Complete protein at every meal▪ Healthy fats | <ul style="list-style-type: none">▪ Electrolytes /Hydration▪ At least 8 hours sleep per night▪ Meditation | <ul style="list-style-type: none">▪ Supplements<ul style="list-style-type: none">-Curcumin & fish oils-Vitamin D-Collagen▪ Ginger, watermelon, pineapple, papaya, beet, turmeric, garlic |
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Eating after an injury can be difficult. Stress, depression, less exercise and mental state can decrease your appetite but it is more important now than ever before to continue to keep your body fueled ***Your body is working hard to rebuild and you want to prevent muscle loss during this time.***

ANTI-INFLAMMATORY ANTIOXIDANT DIET

- **FATTY FISHES** Salmon, tuna, mackerel
- **OLIVE OIL** flaxseed oil, avocado oil
- **NUTS & SEEDS** brazil nuts, walnuts, almonds, cashews, pumpkin seeds
- **FRUIT** Grapefruit, orange, strawberries, guava, watermelon, pineapple & papaya
- **BERRIES** Pomegranate, goji berries, blueberries, grapes, blackberries, raspberries
- **DARK LEAFY GREENS** Spinach, kale, collard greens
- **VEGETABLES** Beets, carrots, sweet potatoes, bell peppers
- **SHELLFISH** oysters, mussels, lobster, crab
- **LEAN MEATS** bison, lean beef, chicken, turkey, pasture raised eggs, tofu
- **PROBIOTIC FOODS** Greek yogurt, kefir, sauerkraut, pickles

- **WHOLE GRAINS & CARBS** Lentils, quinoa, black beans, rice, black eyed peas, white beans, grits, baked beans, whole grain bread
- **SPICES** Ginger, turmeric, garlic, black pepper, oregano, basil, raw cacao powder
- **DRINKS** Green tea, beet juice, coconut water, pineapple juice, electrolytes



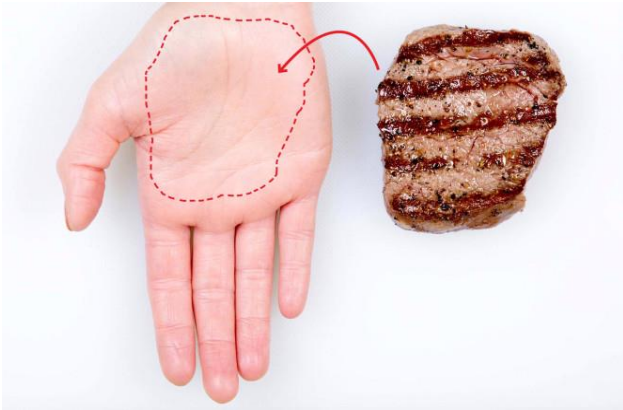
PORTIONS

per meal

Protein: 2 PALMS

1g per lb/bodyweight

-Lean meats (chicken, turkey, beef, bison, salmon, greek yogurt, eggs, tofu)



Carbs: 1 CUPPED PALM

1 baseball

-Whole grains, sweet potatoes, quinoa, rice, squash, beans, lentils.



Fat : 2 THUMBS

1 golf ball

-Olive oil, avocado, nuts, nut butter, seeds.



Fruit & Veggies: 2

CUPPED PALMS



THE INJURY RECOVERY PLATE



**Protein: 1/4 of
your plate**

**Complex
carbohydrates:
1/4 of your plate**

**Healthy Fats: 1-2
tbsp, preferably
used in cooking**

**Micronutrients:
1/2 of your plate**

EAT VS AVOID



EAT: Anti-Inflammatory antioxidant diet, high protein meals every 3-4 hours.

AVOID: Fried, processed and junk foods (cookies, candy, chips)

MEAL IDEAS

-every 3 hours

BREAKFAST

- 2 cup Oikos Greek Yogurt with 1 cup mixed berries, 1 ounce walnuts , 1tbsp hemp seeds
- 4 Eggs with Whole Grain Toast, 1 avocado, 1 cup pineapple
- Grits or oatmeal with 1 cup pineapple/papaya 4 slices turkey bacon

LUNCH/DINNER

- Grilled chicken black bean and rice, guacamole
- Wild Salmon with sweet potato and sautéed spinach
- Lean ground beef or bison and bean chili over rice
- Coconut curry chicken with jasmine rice

SNACKS

- Hummus & pita chips
- Almonds & orange
- Nuts or pumpkin seeds and grapes
- Almond butter & jelly on whole grain bread
- Jerky & salted pretzels or granola bar
- Frozen Greek yogurt with berries



FOOD AS MEDICINE

- **Vitamin A** - carrots, sweet potatoes, eggs, dark leafy greens
- **Zinc**- meat, poultry, shellfish, nuts, pumpkin seeds
- **Vitamin C**- Guava, Strawberries, citrus fruits, bell peppers, kale & spinach
- **Copper**- organ meats, oysters, mushrooms, spirulina, dark chocolate
- **Vitamin D**- salmon, enriched breads & milk
- **HMB/Leucine**: Lean meats, eggs, dairy, tofu
- **Collagen** - bone broth, chicken skin, egg whites, spirulina
- **Fish oil**- wild salmon, mackerel, oysters, sardines
- **Antioxidants**- berries, pomegranate, purple fruit & veggies, walnuts, Brazil nuts



GUT HEALTH



Herbs to help with nausea: ginger, chamomile, aloe peppermint oil and tea

1. SURGERY CAN BE ROUGH ON YOUR DIGESTIVE SYSTEM.

Anesthesia and painkillers can make you feel constipated and nauseous. Stress can cause stomach problems.

38g FIBER DAILY *(you may need a little bit more the 1st week)*

HIGH FIBER FOODS:

- Avocado, raspberries, beans, Brussel sprouts, whole grains, oats, chia seeds, lentils, chickpeas, bean and lentil pasta

*If you need to take a fiber supplement you can add acacia fiber to your shakes

2. ANTIBIOTICS CAN DISRUPT YOUR GUT FLORA.

Eating foods high in probiotics such as Greek yogurt, kefir, sauerkraut and pickles can help rebalance your gut. Take probiotic.

SUPPLEMENT SAFETY

YOU ARE RESPONSIBLE FOR WHAT GOES INTO YOUR BODY

Always check labels and use NSF for Sport and Aegis Shield app



CONTACT

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