



NUTRITION'S ROLE IN SOFT TISSUE INJURY RECOVERY

Learn nutrition strategies that may promote quicker recovery and improve tendon and ligament health.

GENERAL DIET TIPS THAT MAY SUPPORT RECOVERY FROM INJURY

DO	DON'T
Consume sufficient daily calories	Consume alcohol
Spread protein intake (> 1.6 g/kg) evenly throughout the day	Eat or supplement high doses of zinc (may impact collagen cross-linking)
Follow a primarily plant-based diet	
Include copper-rich foods* to support collagen cross-linking	

*Copper-rich foods include:

- Cashews
- High-quality cocoa powder (high in flavonoids)
- Sunflower seeds
- Lentils
- Oysters
- Brazil nuts
- Beans
- Nuts and seeds, in general

FOLLOWING A SOFT-TISSUE INJURY, TISSUES FOLLOW A SIMILAR HEALING TIMELINE

Phase 1: Inflammation

- Mild inflammation begins the healing process, but the goal is to limit excessive inflammation.
- After injury, blood flow increases and the immune system release defense cells to the injury site.
- This “clean-up crew” removes debris and sets the stage for re-building

NUTRITIONAL STRATEGIES: Consuming anti-inflammatory foods such as omega-3s, tumeric/curcumin may help reduce inflammation

Phase 2: Proliferation

- During proliferation, disorganized tissue is laid down

NUTRITIONAL STRATEGIES: Consume sufficient calories to support healing and reduce the risk of nutrient deficiencies

Phase 3: Remodeling

- During remodeling, type 3 collagen is replaced by type 1 collagen
- Collagen fibers start to organize

NUTRITIONAL STRATEGIES: Emerging research suggests that collagen supplementation may help grow stronger tendons and ligaments

FOOD-BASED STRATEGY THAT MAY HELP BUILD STRONGER TENDONS AND LIGAMENTS



Drink This



Collagen or Gelatin



1 Hour Before Activity

A Good Source of Vitamin C

15 Grams of Collagen or Gelatin

There are big differences in a person's response to collagen hydrolysate and gelatin (ongoing research)

Vegan? Try soy protein isolate — but, you might need a much larger dose

REFERENCES

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