

Go inside **NUTRITION** when you're **HURT**

CALORIES

You need calories to promote healing. Be sure you're not significantly cutting them from your diet or taking in more calories than you typically would.

BONE INJURIES

Protein, Vitamin D and calcium should be consumed for bone injuries like fractures. However, food may not be enough to get you back into the game. Consult with a physician or registered dietician for a complete recovery plan. In the meantime, try foods like:

Protein

- Meat
- Eggs
- Cheese

Vitamin D

- Tuna
- Salmon
- Orange Juice
- Milk

Calcium

- Milk
- Cheese
- Leafy Greens
- Fruit



INFLAMMATION

Help manage inflammation with a diet rich in:

- Fruits
- Vegetables
- Fish
- Nuts

PROTEIN

Muscle recovery is supported by proper protein intake regularly throughout the day. Just like when you were healthy, eat foods like:

- Meat
- Yogurt
- Cheese
- Eggs

