

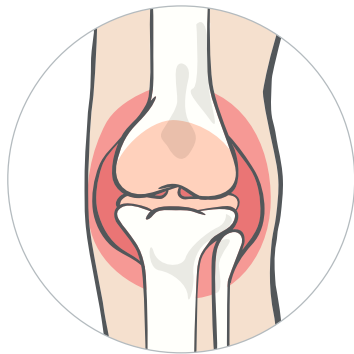
# NUTRITION FOR INJURY RECOVERY

FOOD AND SUPPLEMENTS TO SPEED UP HEALING

Injured? Want to recover fast?  
Hack the healing process with these powerful nutrition tips and tricks.

## INJURY RECOVERY: HOW THE BODY WORKS

Tissue damage – whether from surgery or injury –  
kicks off a 3-stage recovery process.



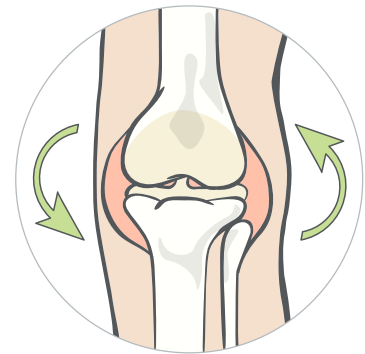
### 1<sup>ST</sup> STAGE: Inflammation

Pain, swelling, redness and heat; draws healing chemicals to the injured area.



### 2<sup>ND</sup> STAGE: Proliferation

Damaged tissues are removed; new blood supply and temporary tissue is built.

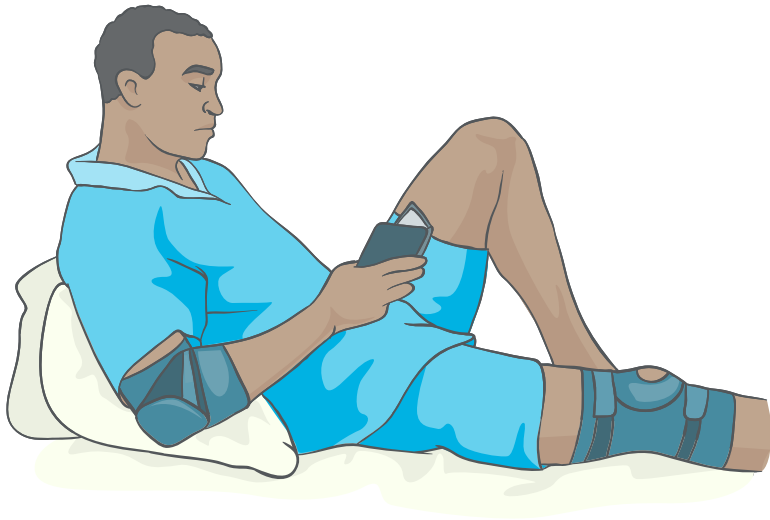


### 3<sup>RD</sup> STAGE: Remodeling

Stronger, more permanent tissue replaces temporary tissue.

Nutrition is extremely powerful in all three stages.

# NUTRITION FOR INFLAMMATION STAGE



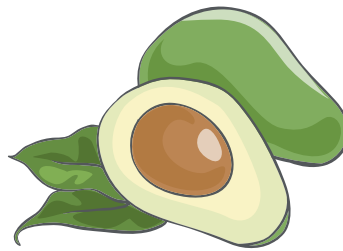
Inflammation is critical as it triggers the repair process. Too much, however, can cause additional damage. These strategies help produce the right amount.



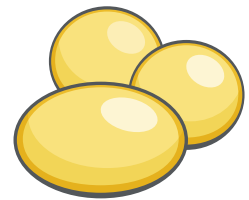
EAT MORE ANTI-INFLAMMATORY FATS LIKE:



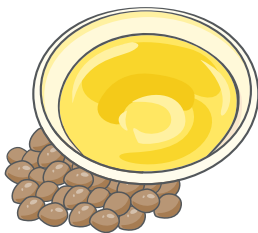
OLIVE OIL



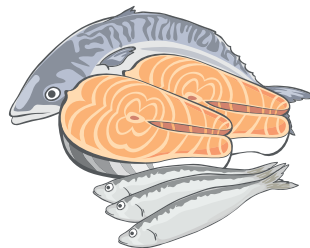
AVOCADOS



FISH OIL



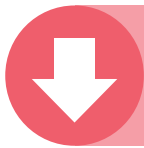
FLAX OIL OR  
GROUND FLAX



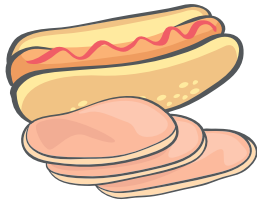
FISH LIKE MACKEREL,  
SALMON, SARDINES



MIXED NUTS  
AND SEEDS



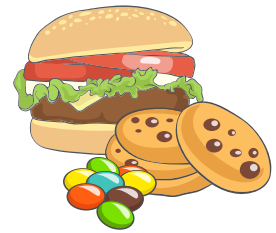
## EAT FEWER PRO-INFLAMMATORY THINGS LIKE:



**PROCESSED FOODS  
HIGH IN SATURATED  
FATS**



**VEGETABLE OILS  
LIKE CORN, SUNFLOWER,  
SAFFLOWER, SOYBEAN**



**FOODS WITH  
TRANS FATS**

## INCLUDE INFLAMMATION MANAGING HERBS AND SPICES:



### **CURCUMIN FROM TURMERIC/CURRY POWDER**

7 tsp a day of powder or 400-600mg  
in supplement form.

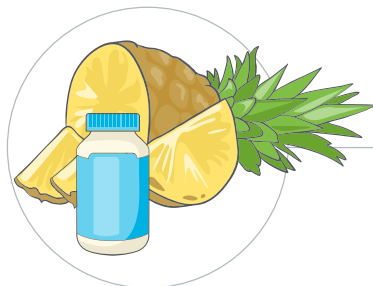
### **GARLIC**

2-4 cloves a day or 600-1200mg of aged  
garlic extract.



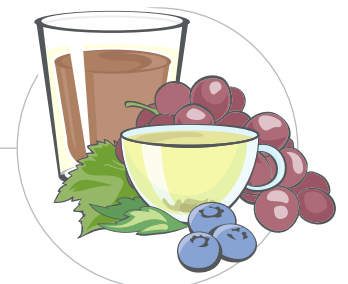
### **BROMELAIN FROM PINEAPPLE**

2 cups of pineapple a day  
or 500-1000mg in supplement form.



### **COCOA, TEA AND BERRIES**

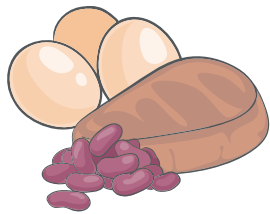
Eat daily or supplement with blueberry  
or grape extracts, green tea extracts, citrus  
extracts and bioflavonoid supplements.



# NUTRITION FOR PROLIFERATION AND REMODELING STAGES

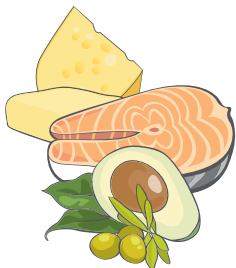
## Energy intake is 1st priority:

Metabolism can increase from 15-50% so you'll need fewer calories than when training hard but more than when sedentary. With each meal:



### EAT ADEQUATE PROTEIN

Minimally processed meats, legumes, eggs, plant-based proteins, protein supplements.



### BALANCE DIETARY FAT

About 1/3 of fat intake from saturated, 1/3 from monounsaturated, and 1/3 from polyunsaturated.



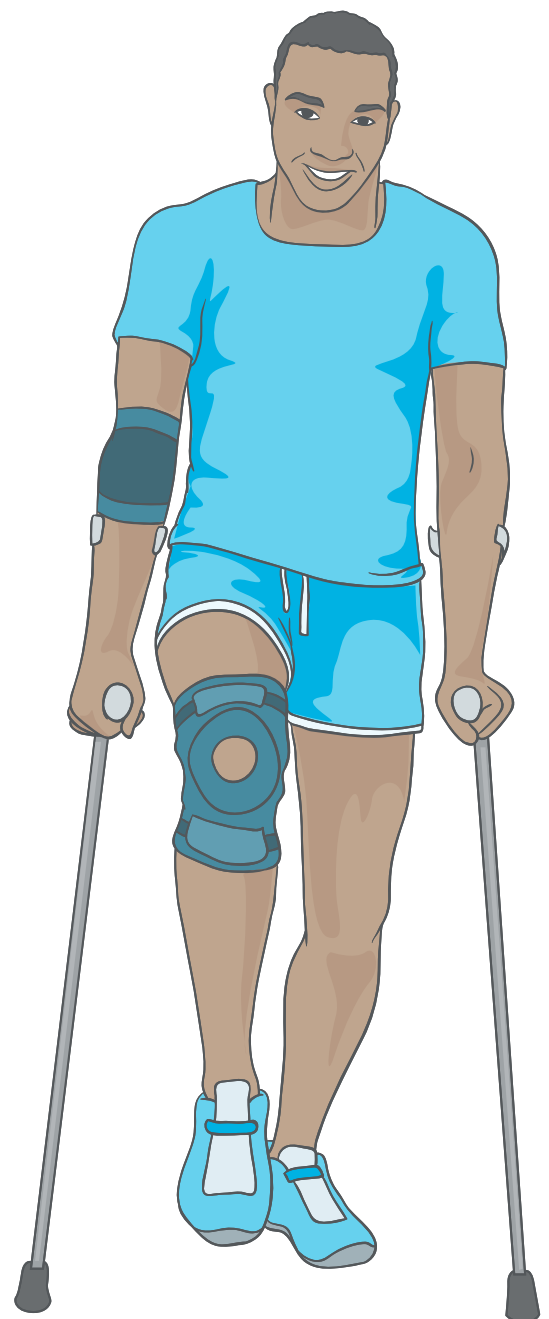
### EAT THE RAINBOW

Include a diverse mix of fruits and veggies.

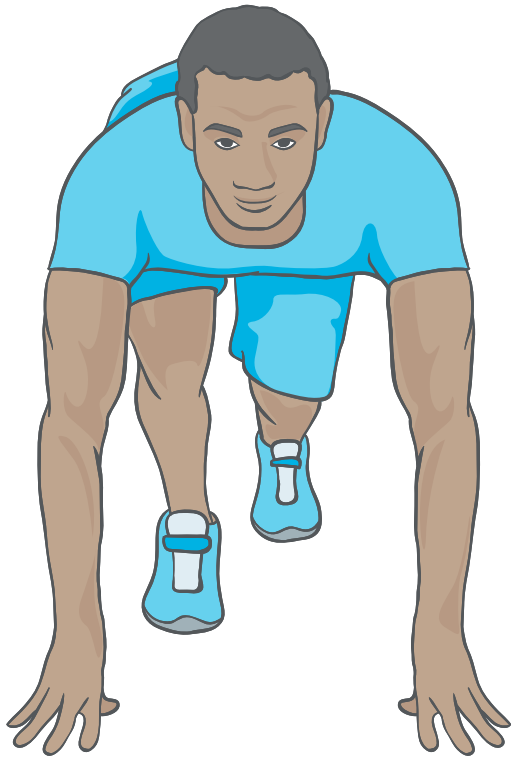


### EAT ENOUGH CARBS

You'll need fewer carbs than when training but enough to support recovery; include minimally processed carbs like whole oats, whole grain rice, sprouted grain breads and quinoa.



# USEFUL SUPPLEMENTS



Supplementing with the following for 2-4 weeks post-injury may be helpful.

**VITAMIN A**  
10,000IU per day

**COPPER**  
2-4mg per day

**VITAMIN C**  
1g-2g per day

**ZINC**  
15-30mg per day

A few other supplements have shown benefit, including:

- Arginine
- HMB
- Glutamine
- Proteolytic Enzymes



**When working with athletes, only use supplements that are certified free of banned substances through testing like NSF or HFL.**

For the full article explaining this infographic:  
[www.precisionnutrition.com/nutrition-for-injuries-infographic](http://www.precisionnutrition.com/nutrition-for-injuries-infographic)

 **Precision Nutrition**