

NUTRITION FOR INJURY

Inflammation is a critical part of injury that triggers a healing process, however, too much of it can cause additional damage. Eating the right foods can greatly reduce recovery time. Here are a few tips you can do to help you manage your injuries.



1

THE STAGES TO TISSUE RECOVERY

- Stage 1: Inflammation which is characterised by pain, redness and swelling.
- Stage 2: Proliferation is when new tissue is temporarily built.
- Stage 3: This remodeling stage is when stronger and more permanent tissue replaces the old one.



2

EATING FOR PROLIFERATION & REMODELING

- Balance your fat intake between saturated, polyunsaturated and monounsaturated to 1:1:1.
- Eat adequate amounts of lean protein .
- Meet the required amount of carbs for non or lighter training days.
- Eat the rainbow in vegetables



3

USEFUL SUPPLEMENTS

- Vitamin A: 10,000IU per day
- Copper: 2-4mg per day
- Vitamin C: 1-2g per day
- Zinc: 3-30mg per day
- Other supplements have also shown to have benefits: Arginine, Glutamine, Proteolytic Enzymes



4

EAT MORE ANTI-INFLAMMATORY FOODS

- Fish oil
- Olive oil
- Avocado
- Mixed nuts and seeds
- Ground oil or ground flax



5

EAT FEWER PRO INFLAMMATORY FOODS

- Processed foods high in saturated fats
- Vegetable oils like corn, sunflower, safflower, soybean
- Foods with trans fats



6

INCLUDE INFLAMMATION MANAGING SPICES

- Curcumin from tumeric and 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.
- Bromelaine from pineapples: 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.

