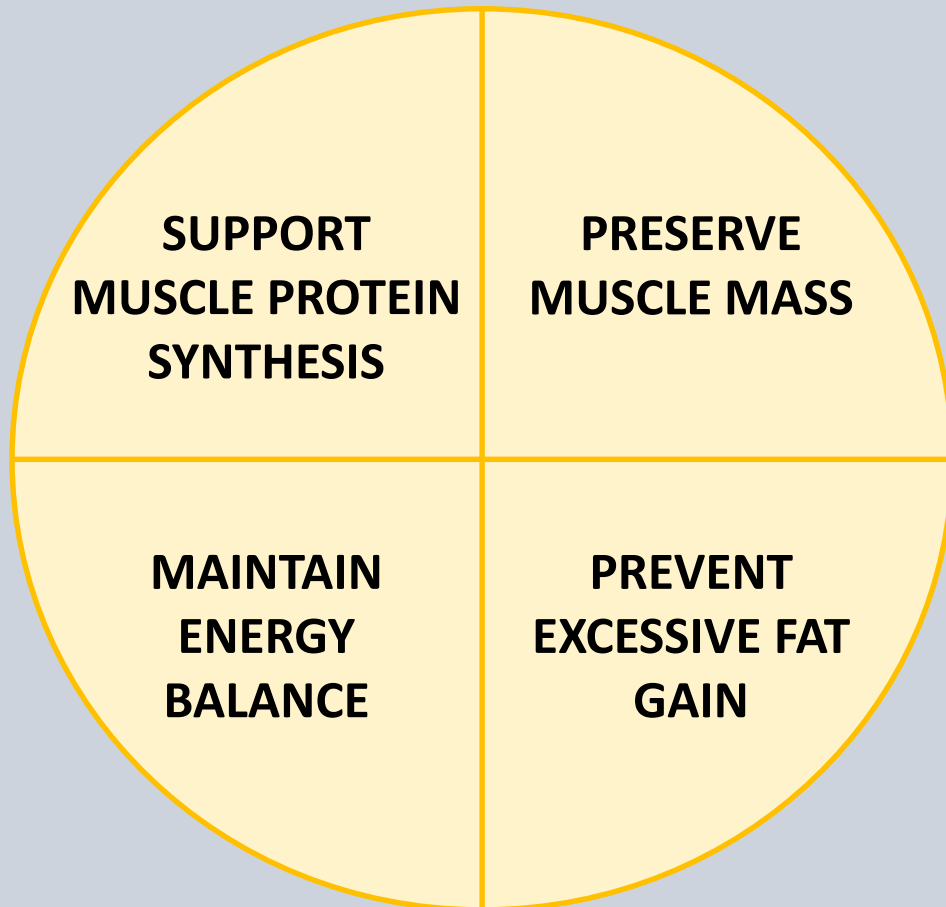


NUTRITIONAL SUPPORT FOR INJURY RECOVERY

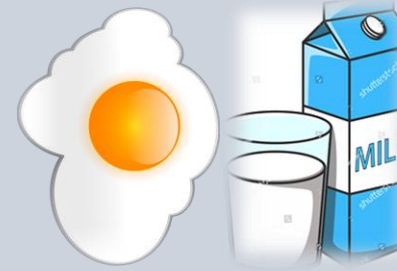
INJURIES ARE INEVITABLE IN SPORT, BUT GOOD NUTRITION CAN SUPPORT AND SPEED UP RECOVERY

GOALS FOR NUTRITIONAL INTERVENTION:



R. Moore RD (SA) Z. Simjee RD (SA) National Teams' Dieticians

NUTRITIONAL CONSIDERATIONS:



Adequate **PROTEIN** intake helps heal and repair muscle tissue.

Include a portion of protein (20-40g) every 3-4 hours.

CARBOHYDRATES fuel the body so that ingested protein is prioritized for healing and repairing muscle tissue.

*Include whole grains, fresh fruits and vegetables
Requirements are lower during injury to prevent excessive weight gain*



Healthy **FATS** are needed for healing, recovery and decreasing inflammation

Include essential fats which reduce inflammation