

FIGHT INJURY WITH MICRONUTRIENTS

Proper nutrition is vital to athletic performance. Not only will eating well assist in overall health, certain micronutrients can also aid in injury recovery.

CALCIUM & VITAMIN D

Essential for bone health and growth, calcium also helps reduce the risk of stress fractures. Don't forget about vitamin D – it is needed to maintain calcium levels in the body, develop healthy bones and the function of skeletal muscles.

ASSISTS WITH:

Stress fractures, sprains, tears and broken bones

FOODS HIGH IN CALCIUM:

Dairy products

FOODS HIGH IN VITAMIN D:

Fatty fish, egg yolk, sundried mushrooms, fortified milk, yogurt, margarine, cereals and fruit juices



IRON

Iron plays a role in transferring oxygen from the lungs to tissue and is critical for respiration and energy metabolism. Because iron influences endurance and performance, it is an important micronutrient to athletes.

ASSISTS WITH:

Extreme fatigue, decreased energy, inability to finish activity and overall decline in athletic performance

FOODS HIGH IN IRON:

Animal products such as meats, fish and eggs; lentils; tofu; quinoa; nuts and seeds; and some fortified cereals



ELECTROLYTES

Electrolytes, such as sodium, potassium and chloride, are vital for maintenance of hydration, generating energy and contracting muscles, and are lost through sweat.

ASSISTS WITH:

Muscle cramping, headache, extreme fatigue and muscle soreness

FOODS HIGH IN ELECTROLYTES:

Mixed nuts, pretzels, lunch meat, sauces, sports drinks, potatoes and most fruit and vegetables



VITAMIN C

Vitamin C plays a major role in tissue growth and repair, wound healing and bone maintenance and repair. Consuming adequate vitamin C will aid athletes in staying healthy and ready for game day.

ASSISTS WITH:

Coughing, sneezing, aches, sore muscles and decline in athletic performance

FOODS HIGH IN VITAMIN C:

Oranges, strawberries, broccoli, peppers, kale, Brussel sprouts, tomatoes, spinach and other fruits and vegetables



Sources: SCAN, Clinical Sports Nutrition, National Institutes of Health Office of Dietary Supplements, Sports Dietitians Australia, National Research Council

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