



# **NUTRITION AND INJURY**

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If you are suffering from an injury whether it is acute or chronic, it is important that you maintain good nutrition!

## ***Tips For Quicker Recovery***

1. Increase calcium intake. This can be done by having 1-2 yoghurts per day or having a milkshake (skimmed) 45-min before bedtime
2. Increase protein intake. This can be done by having a bit more meat or fish with main meals, or alternatively you can have a milkshake 45-min before bedtime.
3. Drink 1-2 pints more water. Water helps flush the toxins and waste products out of your system.
4. Eat oily fish such as salmon, mackerel and sardines three times per week. Oily fish contains omega-3 fatty acids which help reduce inflammation caused by injury.

## ***Long-Term Injury***

If you are out of training/competition for longer than 7-10 days, it is important that you decrease your carbohydrate portions. Reduce portion of foods like bread, pasta, potatoes, cereal as these foods provide the body with energy – as you are not training as much your body does not need as much carbohydrate.

This is important because when you are not training your body does not need as much fuel. You might gain body fat if you eat more food than your body needs.