



Muscles ...

We all have them, let's look after them!



What to eat for injuries?

Pulled or sprained muscles and broken bones are not ideal when it comes to having an active lifestyle. They can put you on the bench for weeks. What you eat after injuries like these can really help with the recovery process. Combining food choices with appropriate advice from your doctor, physiotherapist or exercise physiologist will get you fully functioning in no time at all.

Eat nutrient rich foods three or four times a day to provide your body with the nutrition it needs for recovery. These foods should include:

Protein

Protein is used in your body to build new muscles and bones. Protein foods need to be eaten after an injury so your body can repair itself.

Eating protein at each main meal and snack will mean you can eat small amounts frequently letting your body utilise every bit eaten. Good protein foods are meat, chicken, fish, eggs, milk, cheese and yoghurt, nuts, tofu and legumes.



Vitamin C and zinc

Vitamin C is best known as coming from oranges but it can also come from red capsicums, lemons, kiwi fruit, potatoes and broccoli. Vitamin C is needed to turn the protein you eat into the muscle for your body. Vitamin C is also needed for healing wounds like cuts and grazes which you might experience while playing sports.

Zinc also plays an important role in the healing process. It helps new skin to grow back strong and keeps your immune system strong. Foods high in zinc are beef, lamb, pork, nuts and seeds, milk, yoghurt and oysters.





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Vitamin D and calcium

Broken bones and stress fractures happen to the best of us and can stop you playing sports for a long time. Vitamin D and calcium are both essential for bones to stay strong and to repair.

To get plenty of these two nutrients in the diet you need to drink milk or fortified soy milk, yoghurt, cheese and eggs. Vitamin D is best from the sun.

So make sure to put some sunshine into your daily routine every day! (staying sun smart of course).

Fibre

Fibre might sound like a strange nutrient to include when talking about injuries. But sometimes for injuries you might need to take pain medications. Pain medications can cause constipation if taken for a long time.

Fibre helps keep you going to the toilet regularly. Grains, fruit, vegetables, legumes, nuts and seeds are all great sources of fibre.

Remember to keep your water intake up, as this will also help.

