



# Sports Nutrition

Fueling your body for movement:

## { Injury Nutrition }

### 1 Energy Needs

Energy needs are how much fuel your body needs to function in your life. This is made up of the resting metabolic rate (how much energy needed to function without any movement), activity level (how much and how hard are you moving), and stress factor (including injury, school stress etc.). Healing the body takes additional food to fuel the recovery process! Not getting adequate nutrition can slow healing, decrease training benefits and lead to increased risk of injury.



### 2 Injury Healing



#### PROTEIN (AMINO ACIDS)

BENEFITS	SOURCES
<ul style="list-style-type: none"><li>• Supports Wound healing</li><li>• Tissue rebuilding</li><li>• Preserves lean muscle mass</li></ul>	<ul style="list-style-type: none"><li>• Meat &amp; Poultry</li><li>• Fish &amp; Seafood</li><li>• Eggs</li><li>• Dairy</li><li>• Legumes</li></ul>



#### OMEGA-3 FATTY ACIDS

BENEFITS	SOURCES
<ul style="list-style-type: none"><li>• Reduce muscle loss</li><li>• Assists in reducing inflammation</li></ul>	<ul style="list-style-type: none"><li>• Salmon</li><li>• Walnuts</li><li>• Sardines</li><li>• Flax seeds</li><li>• Chia seeds</li></ul>



#### VITAMIN D

BENEFITS	SOURCES
<ul style="list-style-type: none"><li>• Calcium regulation</li><li>• Immune regulation</li><li>• Lack of Vit D slows healing</li></ul>	<ul style="list-style-type: none"><li>• Salmon</li><li>• Egg Yokes</li><li>• Fortified dairy and non dairy beverages</li></ul>

### 3 Under Fueling

Not getting enough nutrients to support the exercise being done leaves you at risk for illness and injury. Outcomes of prolonged energy deficiency include; decreased endurance, increased injury risk, decreased training response, irritability and more.

#### SIGNS AND SYMPTOMS

##### UNDER FUELING



Low energy throughout the day



Poor Recovery, consistent injury or illness

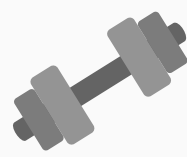


Difficulty making it through a training session

##### FUELING ADEQUATELY



Energized throughout the day



Seeing performance improvements



Enough energy to make it through training sessions



**PACIFIC**  
*Sports and Spine*