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 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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