Go inside NUTRITION when you’re HURT

CALORIES
You need calories to promote healing. Be sure you’re not significantly cutting them from your diet or taking in more calories than you typically would.

BONE INJURIES
Protein, Vitamin D and calcium should be consumed for bone injuries like fractures. However, food may not be enough to get you back into the game. Consult with a physician or registered dietician for a complete recovery plan. In the meantime, try foods like:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Vitamin D</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>Tuna</td>
<td>Milk</td>
</tr>
<tr>
<td>Eggs</td>
<td>Salmon</td>
<td>Cheese</td>
</tr>
<tr>
<td>Cheese</td>
<td>Orange Juice</td>
<td>Leafy Greens</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Fruit</td>
</tr>
</tbody>
</table>

INFLAMMATION
Help manage inflammation with a diet rich in:
- Fruits
- Vegetables
- Fish
- Nuts

PROTEIN
Muscle recovery is supported by proper protein intake regularly throughout the day. Just like when you were healthy, eat foods like:

- Meat
- Yogurt
- Cheese
- Eggs