

# Nutrition for Concussion Recovery



## PERFORMANCE NUTRITION

### Dietary Changes Post-Concussion

- Increase intake of Omega-3 fatty acids (EPA, DHA, and ALA) to aid with recovery.
  - It is especially important to increase EPA and DHA which can be found in food and supplement form.
  - If supplementing, re-esterified triglyceride fish oil, fish body oil, and cod liver oil have the highest bioavailability of EPA and DHA.
- Provide early nutrition within the first 24 hours.
  - At least *half* the amount of calories the athlete would consume on a regular basis.
  - Do not restrict protein or calories during this time.
- If nauseous, consume a bland diet comprised of familiar foods
  - Examples include: Bananas, rice, applesauce, and toast.

### Treatment Plan:

- Some research suggests that Omega-3 doses higher than the AI may be beneficial for prevention and/or healing of concussion injuries.
- Consult with a sports dietitian to determine if higher doses or supplementation of Omega-3s should be part of your nutrition plan.

Concussed athletes should consume the following amount of protein each day:

Body Weight (lbs.)	Protein Needs (g)
100 lbs.	46-68 g
150 lbs.	68-102 g
200 lbs.	91-136 g
250 lbs.	114-171 g
300 lbs.	136-205 g

### Food Based Protein Sources

Grams of Protein	Food Sources
<10 g	1c Milk 1oz Cheese
10-20 g	12 fl oz FairLife Milk 1c Green peas 2T Nut butter
20-30 g	3 Scrambled eggs 12 fl oz Core Power 12 fl oz Gatorade Recovery 1c Greek yogurt 1c Cottage cheese
≥30 g	4oz Lean meats (Turkey, chicken, sirloin, pork loin, fish)

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The Institute of Medicine has established an Adequate Intake (AI) for ALA:

- Males 14-30 y/o: 1.6 g/d
- Females 14-30 y/o 1.1 g/d

The USDA Dietary Guidelines recommend obtaining EPA & DHA through the consumption of at least 2 servings of fatty fish per week.

### Common Food Sources of ALA, EPA, and DHA

Food	Amount	ALA (g)	EPA/DHA (g)
Edamame, cooked	½ cup	0.29-0.34	0
Winter squash, cooked	½ cup	0.18	0
Soy beverage	1 cup	0.19	0
Omega-3 eggs	2 eggs	0.5-0.54	0.16-0.27
Clams, cooked	2.5 oz	0.01	0.21
Cod, Pacific, cooked	2.5 oz	0.04	0.79
Crab, cooked	2.5 oz	0.01	0.36
Halibut, cooked	2.5 oz	0.04-0.06	0.35-0.88
Lobster, cooked	2.5 oz	0.01	0.42
Mackerel, cooked	2.5 oz	0.03-0.08	0.9-1.39
Salmon, Atlantic, farmed, raw or cooked	2.5 oz	0.08-0.11	1.48-1.61
Salmon, Atlantic, wild, raw or cooked	2.5 oz	0.22-0.28	1.08-1.38
Shrimp, cooked	2.5 oz	0.01	0.24
Trout, cooked	2.5 oz	0.06-0.14	0.65-0.87
Tuna, light, canned with water	2.5 oz	0	0.21
Tofu, cooked	¾ cup	0.27-0.48	0
Almonds, oil roasted, blanched	¼ cup	0.15	0
Chia seeds	1 Tbsp	1.9	0
Flaxseeds, ground	1 Tbsp	2.46	0
Pecans	¼ cup	0.25-0.29	0
Soy nuts	¼ cup	0.42	0
Walnuts, black	¼ cup	0.64	0
Walnuts, English, Persian	¼ cup	2.3	0
Canola Oil	1 tsp	0.42	0
Flaxseed Oil	1 tsp	2.58	0
Soybean Oil	1 tsp	0.31	0
Walnut Oil	1 tsp	0.48	0