

# FIGHT INJURY WITH MICRONUTRIENTS

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 VITAMIN D:

Fatty fish, egg yolk, sundried mushrooms, fortified milk, yogurt, margarine, cereals and fruit juices

### FOODS HIGH IN CALCIUM:

Dairy products



## IRON

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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