COMBAT INJURY WITH MICRONUTRIENTS

Athletic performance depends on good nutrition. Eating well supports health, and certain micronutrients can also help with injury recovery.

CALCIUM & VITAMIN D

Calcium is key to bone health and growth, and helps lower stress fracture risk. Vitamin D is needed to maintain body calcium levels, build healthy bones and support skeletal muscle function.

HELPS WITH:
Stress fractures, sprains, tears and broken bones

CALCIUM-RICH FOODS:
Dairy foods

FOODS RICH IN VITAMIN D:
Oily fish, egg yolks, sun-dried mushrooms; fortified milk, yogurt, margarine, cereals and fruit juices



IRON

Iron helps move oxygen from the lungs to tissues and is vital to respiration and energy metabolism. Its effects on endurance and performance make it a key micronutrient for athletes.

HELPS WITH:
Severe fatigue, low energy, inability to complete activity and reduced overall sports performance

IRON-RICH FOODS:
Animal foods including meat, fish and eggs; lentils; tofu; quinoa; nuts and seeds; and some fortified cereals



ELECTROLYTES

Electrolytes, such as sodium, potassium and chloride, are vital to hydration, energy production and muscle contraction. They are lost through sweat.

HELPS WITH:
Muscle cramps, headaches, severe fatigue and sore muscles

FOODS RICH IN ELECTROLYTES:
Mixed nuts, pretzels, deli meats, sauces, sports drinks, potatoes and most fruits and vegetables



VITAMIN C

Vitamin C is key to tissue growth and repair, wound healing, and bone maintenance and repair. Getting enough helps athletes stay healthy and ready to compete.

HELPS WITH:
Coughs, sneezes, aches, muscle soreness and lower athletic performance

FOODS RICH IN VITAMIN C:
Strawberries, oranges, broccoli, kale, peppers, Brussels sprouts, tomatoes, spinach and other fruits and vegetables



References: SCAN, Clinical Sports Nutrition, National Institutes of Health Office of Dietary Supplements, Sports Dietitians Australia, National Research Council

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Infographic: National Athletic Trainers' Association