SUPPORT RECOVERY WITH MICRONUTRIENTS

Good nutrition supports athletic performance. Eating well benefits overall health, and certain micronutrients can also help the body recover from an injury.

CALCIUM & VITAMIN D

Calcium supports bone growth and health and helps lower stress-fracture risk. Vitamin D is also essential: it helps regulate calcium in the body, build healthy bones, and maintain the function of skeletal muscles.

HELPS WITH:
Stress fractures, sprains, tears and bone fractures

CALCIUM-RICH FOODS:
Dairy foods

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



IRON

Iron helps carry oxygen from the lungs to tissues and is essential for respiration and energy metabolism. Its effects on endurance and performance make it an especially important micronutrient for athletes.

HELPS WITH:
Severe fatigue, low energy, unable to finish activity, and reduced athletic performance

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



ELECTROLYTES

Sodium, potassium and chloride are electrolytes lost in sweat. They are essential for staying hydrated, producing energy and allowing muscles to contract.

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

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



VITAMIN C

Vitamin C supports tissue growth and repair, wound healing, and the maintenance and repair of bones. Getting enough helps athletes stay healthy and prepared for game day.

HELPS WITH:
Coughs, sneezing, aches, muscle soreness and reduced athletic performance

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



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

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