

CONCUSSION NUTRITION



OMEGA-3 FATTY ACIDS

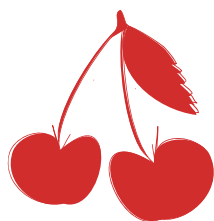
We should always prioritize food first but here supplementation is appropriate. Look for a high quality fish oil supplement.

- Most high quality 1gm soft gel capsules typically contain approximately 600mg of EPA & DHA omega-3s combined.
- Add up the EPA & DHA per serving and determine total servings needed to reach 3g of EPA/DHA.

Week 1: Take 3g of EPA/DHA 3x/day for 7 days (usually 9 soft gels/day)

Week 2: Take 3g of EPA/DHA 2x/day for 7 days. (usually 6 soft gels/day)

Continue 3g of EPA/DHA 1x/day for maintenance and prevention



ANTI-INFLAMMATORY DIET

Fight damaging free radicals by adding in these powerful anti-oxidant filled foods

- Berries, cherries, citrus, tomatoes
- Dark leafy greens, broccoli, peppers
- Nuts/seeds



CURCUMIN

*This anti-inflammatory phytochemical is found in **turmeric** and gives curry its yellow color. Pair it with black pepper or a fat source to help with **absorption**.*



CREATINE

Typically used for building muscle, creatine has shown positive results for aiding in concussions. Current recommendations are below:

10 g/day for first 2 weeks

Then 5 g/day for remainder of symptoms



WANT MORE INFORMATION?

Contact Reilly for more individualized help!
email: reillybsportsrd@gmail.com



RECOVERY NUTRITION



WHERE DO I START?

Nutrition intervention should occur **immediately** to aid in recovery and proper return to sport. All nutrition plans should be individualized to athlete but general guidelines can be followed.

3 Goals for Recovery

1. Support muscle protein synthesis and preserve muscle mass.
2. Maintain energy balance and prevent excess fat gains
3. Provide anti-inflammatory foods to help accelerate healing



PRESERVING + GAINING MUSCLE

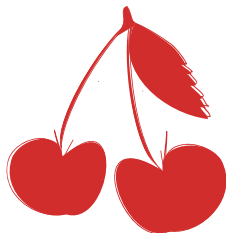
Consuming **adequate protein** and **calories** to maintain muscle mass through recovery is essential. Remember, **building muscle is much harder than losing fat.**

- Pick complete proteins with high leucine content (turkey, chicken, steak, eggs)
- **Dosage:** 20-40g of protein in meals and 10-15g of protein in snacks
- **Frequency:** Consume every 3-4 hours
- **Daily intake:** 1.6-2.5g/kg BW/day (depending on phase of injury)



MAINTAINING ENERGY BALANCE

A well-balanced diet from a variety of whole foods is best for a healing athlete. Carbohydrate intake (**3-5g/kg BW**) will vary based on individual but should include a variety of **whole grains, fresh fruits and vegetables**



ANTI-INFLAMMATORY DIET

Accelerate wound healing and decrease inflammation by adding in these powerful anti-oxidant filled foods

- Berries, cherries, citrus, tomatoes
- Dark leafy greens, broccoli, peppers
- Nuts/seeds



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