

EXOS[®]

NUTRITION INSIDER

with Amanda Gilles, EXOS Performance Dietitian

EDITION #26

NUTRITION SUPPORT FOR INJURY RECOVERY

Injuries are often a common part of playing sports and being active. When it comes to a fast and speedy recovery, a well-balanced nutrient dense diet is best for a healing athlete.

IN THIS NEWSLETTER...

- Nutrition for Injury Recovery
- Nutrients for EXOS Superheroes
- Recipe of the Month



PROTEIN



- Helps athletes repair and rebuild muscles
- Encourages preservation of muscle mass
- Include protein with every snack and meal
- 'The Less Legs the Better' – focus on lean proteins
 - Lentils, Fish, Poultry, Dairy, Lean cuts of Pork and Beef

CARBOHYDRATES



- Necessary to fuel body and brain
- Needs are reduced following injury to accommodate reduced activity level
- Focus on slow digesting carbs: vegetables, fruit, whole grains
- Aim for 3+ colors from vegetables and fruits at meals

FATS



- Essential for healing, recovery, and decreasing inflammation
- Focus on unsaturated fats to reap the most benefits
 - Avocados, nuts, nut butters, seeds, salmon, tuna, flaxseed, chia seeds, olive oil, olives
 - Omega 3 Fatty Acid Supplement: During injury, Aim for 1-2g/ day DHA +EPA

NUTRIENTS FOR EXOS SUPERHEROES

During injury, ramp up your intake of the following nutrients to help support healing and recovery:

MICRONUTRIENTS	SOURCES	FUNCTION
<i>Vitamin C</i>	Citrus, peppers, cantaloupe, berries, broccoli	Antioxidant, wound healing, tissue repair, immune function
<i>Vitamin A</i>	Sweet Potato, Spinach, Carrots, Tomatoes	Cell growth and development, immune function
<i>Vitamin D</i>	Sun Exposure, oily fish, dairy products, fortified foods	Promotes calcium absorption and bone health
<i>Calcium</i>	Milk, Yogurt, String Cheese, Broccoli, Kale, fortified orange juice	Supports bone structure
<i>Magnesium</i>	Almonds, sunflower seeds, cashews, peanuts, bananas, avocado, dark chocolate	Protein synthesis, improves absorption of vitamin D, eases muscle tension
<i>Zinc</i>	Lean beef, chicken, cashews, pumpkin seeds, fortified cereals	Wound healing, protein synthesis, immune function
<i>Copper</i>	Sesame seeds, pumpkin seeds, cashews, shiitake mushrooms	Assists with red blood cell formation, immune function, bone health, elastin (tendon/ligament health)



Healing Smoothie

Ingredients:

- 1-2 tbsp cashew butter
- 1 tbsp cacao powder
- ½-1 frozen banana
- 1 ½ cups spinach and kale blend
- 1 cup almond milk
- 1 scoop Thorne vanilla protein (optional)
- Pinch of cinnamon

Place all ingredients in blender – blend until smooth!

This smoothie contains all the micronutrients, listed above, that help support healing and recovery. It's an excellent option for an on-the-go breakfast or nutrient packed snack!

TO CREATE A PERSONALIZED NUTRITION GAME PLAN,
SCHEDULE AN APPOINTMENT WITH THE **EXOS** PERFORMANCE DIETITIAN
AT MAYO CLINIC SPORTS MEDICINE

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