



NUTRITION AND CONCUSSION MANAGEMENT

FROM THE HEALTH CLINIC

QUICK TIPS:

- NEVER SKIP A MEAL, ESPECIALLY BREAKFAST. THE BRAIN NEEDS CALORIES TO HEAL.
- AIM TO EAT SMALL, FREQUENT MEALS EVERY 2-3 HOURS.
- REMEMBER TO STAY HYDRATED. YOU ARE MORE SUSCEPTIBLE TO DEHYDRATION.

Be sure to include the following in your diet:

Protein: Maintain or increase intake. Protein serves a vital role in cell/tissue production & repair.

Body Weight	Protein Needs
100 lbs	46-68
150 lbs	68-102
200 lbs	91-136
250 lbs	114-171

Magnesium: Lowers inflammation.

- Nuts/Seeds
- Avocados
- Legumes
- Whole Grains
- Tofu
- Leafy Greens

Omega-3 Fatty Acids: Help with neuroprotection and neuroregeneration. Best source? Fatty fish!

Zinc: Improves mood and cognition.

- Meat
- Shellfish
- Nuts/Seeds
- Whole Grains
- Eggs
- Dairy Products (limit)

Grams of Protein	Food Sources
<10g	1c Milk 1oz Cheese
10-20g	12 fl oz FairLife Milk 1c Green Peas 2T Nut Butter
20-30g	3 Scrambled Eggs 12 fl oz Gatorade Recovery 1c Greek Yogurt 1c Cottage Cheese
>30g	4oz Lean Meats (Turkey, Fish, Chicken, Sirloin, Pork Loin)

Healthy Fats: Your brain is 70-80%. Aim to eat with each meal/snack.

- Avocado
- Nuts
- Olives
- Olive & Avocado Oils
- Grass-fed Butter

Antioxidants: Aid in healing of the brain. Think fruits & vegetables!

Aim to avoid the following in your diet:

- Sugar & Processed Carbohydrates: they exacerbate inflammation.
- Stimulant Beverages
- Oils high in Omega-6
 - Sunflower, Canola, Cotton Seeds, Soybean, Corn
- Dairy & grains (extreme cases)