



NUTRITION SUPPORT - TRAUMATIC BRAIN INJURY RECOVERY

Focus on nutritional strategies to support recovery from Traumatic Brain Injuries for a faster return to your daily activities and training/competition.

KEY STRATEGIES IN SUPPORTING TRAUMATIC BRAIN INJURY RECOVERY

Follow the 90/10 rule – consume foods that improve health & recovery 90% of the time, while allowing yourself to indulge in foods solely because they taste good 10% of the time.

STAY HYDRATED

Dehydration can worsen concussion symptoms. Consume fluids regularly throughout the day. Monitor the colour of your urine – a pale-yellow colour usually indicates being well hydrated.

EAT PLENTY OF FRUIT & VEGGIES

Vegetables & fruit contain antioxidants and polyphenols that may help reduce oxidative stress and decrease swelling in the brain. Aim for 6-10 servings of vegetables & fruit daily from a variety of different colours (1 serving = size of tennis ball).

LIMIT CONSUMPTION OF...

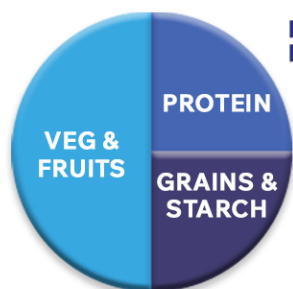
- Hydrogenated/trans fats & heavily processed foods (fried foods, pre-packaged snack foods and baked goods, processed meats, fast foods, etc.);
- Refined sugar (candy, baked goods, soda, corn syrup, sugary cereals and snack foods, etc.)

These foods have been shown to worsen cognitive function and lengthen recovery. Have them in moderation.

NUTRITIONALLY BALANCED DIET

Follow the performance plates to help meet your needs at various stages of recovery/return-to-play.

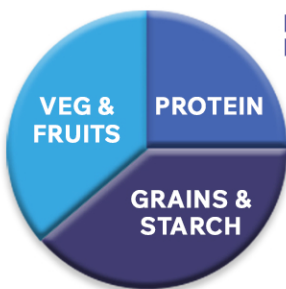
EASY DAY



Healthy
Fats: 1 tsp



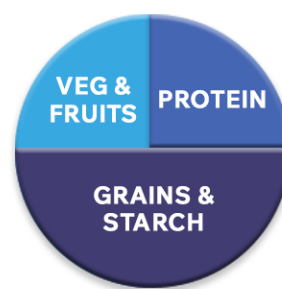
MODERATE DAY



Healthy
Fats: 1 tbsp



HARD DAY



Healthy
Fats: 2 tbsp



FOR A PERSONALIZED RECOVERY DIET PLAN,

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MORE INFO OR TO INQUIRE ABOUT DIETETICS SERVICES? 343-574-1788

www.sportsciencecanada.com







NUTRITION SUPPORT - TRAUMATIC BRAIN INJURY RECOVERY

Focus on nutritional strategies to support recovery from bone fractures for a faster return to your daily activities and training/competition.

DIETARY SUPPLEMENTS TO CONSIDER:

Foods first is always best, but when it comes to TBI/concussion, there are certain nutrients and components derived from foods that are difficult to get through diet alone that may help protect the brain, shorten recovery time, and reduce severity of symptoms.

Supplement	Role	Food Sources	Dosing Guidelines
High DHA Omega-3 	Protects against neurological damage and reduces neuroinflammation	Fatty fish (salmon, sardines, mackerel), walnuts, chia seeds, ground flax	2000mg DHA/day (2 tsp NutraSea High DHA)
Vitamin D 	Improves cognition and reduces severity of depressive symptoms	Fortified dairy/alternatives, salmon, tuna, sardines, egg yolk, beef liver	2000-4000IU/day during non-summer months, depending on vitamin D levels (blood/finger-prick test)
Creatine Monohydrate 	Acts as an alternate energy source during the energy-crisis that follows a concussion	Meat, chicken, fish, wild game	Loading dose followed by maintenance dose. Loading: 5g 4x/day for 5 days; Maintenance: 3-5g/day ongoing
Curcumin 	May regulate key cell signaling pathways and reduce neuroinflammation	Active compound found in turmeric (spice). Use in cooking or prepare turmeric tea adding black pepper, heat, and/or fat to help improve absorption.	500mg/day <i>Note: Of all supplements listed, this one has the least evidence behind potential benefits for TBI, but sufficient safety data is present.</i>

Note: There is always a risk that dietary supplements taken will not provide the benefits they claim and may contain harmful substances that could result in adverse health effects to health and performance. Third-party tested products taken using the evidence-based protocols described above minimize risks, but ultimately the client is responsible for accepting any associated risks.

Turmeric Tea Recipe (2 servings)

Ingredients:

- ½ tsp ground turmeric OR
- 1.5 tsp grated fresh turmeric
- ¼ tsp black pepper
- 2 tbsp fresh lemon juice
- 2 cups water
- 1-2 tsp raw honey

Directions:

In a small pot, add water, turmeric, lemon juice, and black pepper. Whisk together and heat over high heat. When the tea just starts to boil, turn the heat down to low and simmer for 10 minutes. (Recipe adapted from downshiftology.com.)

