

Nutrition During Concussion Recovery



- After concussion we need to eat enough calories to help with brain function.
- Our brains use 20% of our daily calories and needs more than 40 nutrients.
- Some micronutrients can become depleted after a concussion (especially vitamins C, D, E, magnesium, zinc).

Provide early nutrition during the first 24 hours. Do not skip meals, especially breakfast. Have power snacks like fruits, smoothies, trail mix.

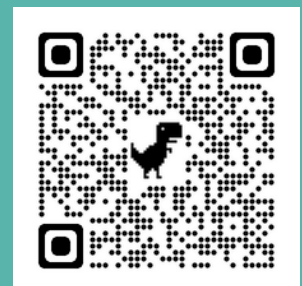
ANPT Concussion/mTBI Knowledge Translation Task force

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References



A healthy diet after

concussion should include:

- Adequate calories
- Anti-inflammatory foods: Fatty fish, healthy oils, flaxseed, fruits, vegetables, and lean proteins
- Healthy fats: Oils, nuts, natural nut butter, fruits, vegetables (Avocados).
- Omega-3 fatty acids: Fish
- Protein and amino acid: Fish, lean chicken and meat, eggs, legumes, nuts and seeds
- Vitamins and minerals: Fruits and vegetables.
- Vitamin B: whole grains, brown and wild rice, multi grain bread and cereal
- Blood sugar (balance): Natural fruit sugar (fresh fruits), grapes, raisin
- Antioxidant: Vitamin E, spinach, oils, nuts
- Curcumin: Spice that helps with brain function
- Probiotics and prebiotics to help with gut bacteria

Water: lots of it!

If nauseous, have a bland diet with bananas, rice, applesauce, whole grain toast

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References

