

## Speed Up Injury Healing by Eating These RECOVERY FOODS



Your body is built to heal from the inside out and nutrition plays a dynamic role in the healing of injuries. If you provide the right foods and nutrients to your body during the time of healing the duration of an injury can be shortened.

*Here's what you should focus on and some foods that contain the nutrients you need.*

### Vitamin C

Vitamin C is a water soluble vitamin that your body does not have the ability to make, which means you need to consume it on a daily basis. Vitamin C plays an important role in the healing process by building new protein for the skin, scar tissue, tendons, ligaments and blood vessels.

#### #1: Peppers (Yellow Bell Peppers)



Vitamin C in 100g	183.5mg (306% DV)
Per 10 strips (52g)	95.4mg (159% DV)
Per large pepper (186g)	341.3mg (569% DV)

#### #2: Guavas



Vitamin C in 100g	228.3mg (381% DV)
Per cup (165g)	376.7mg (628% DV)
Per fruit (55g)	125.6mg (209% DV)



## #3: Dark Green Leafy Vegetables (Kale)



Vitamin C in 100g	120mg (200% DV)
Per cup chopped (67g)	80.4mg (134% DV)

**Other Dark Green Leafy Vegetables High in Vitamin C (%DV per cup, chopped):** Turnip Greens (55%), Swiss Chard (18%), and Spinach (14%).

## #4: Kiwi (Green)



Vitamin C in 100g	92.7mg (155% DV)
Per cup, sliced (180g)	166.9mg (278% DV)
Per fruit (69g)	64mg (107% DV)

## #5: Broccoli



Vitamin C in 100g	89.2mg (149% DV)
Per cup chopped (92g)	81.2mg (135% DV)

**Other Vegetables High in Vitamin C (DV per cup):** Brussels Sprouts (125%), Green Cauliflower (94%), Cauliflower (86%), Red Cabbage (85%), and Cabbage (60%).

## #6: Berries (Strawberries)



Vitamin C in 100g	58.8mg (98% DV)
Per cup sliced (166g)	97.6mg (163% DV)
1 large strawberry (18g)	10.6mg (18% DV)

**Other Berries High in Vitamin C (%DV per cup):** Raspberries (54%), Blackberries (50%) and Blueberries (24%).



## #7: Citrus Fruits (Oranges)



Vitamin C in 100g	53.2mg (89% DV)
Per cup, sections (180g)	95.8mg (160% DV)
Per orange (131g)	69.7mg (116% DV)

**Other Citrus Fruit High in Vitamin C (%DV per fruit):** 1/4 Pomelo (155%), Lemon (74%), Clementine (60%), and 1/2 Grapefruit (57%).

## #8: Tomatoes (Cooked)



Vitamin C in 100g	22.8mg (38% DV)
Per cup (240g)	54.7mg (91% DV)
Per 2 tomatoes (246g)	56.1mg (93% DV)

## #9: Peas (Mange Tout)



Vitamin C in 100g	60mg (100% DV)
Per cup (63g)	37.8mg (63% DV)
Per 10 pods (34g)	20.4mg (34% DV)

## #10: Papaya



Vitamin C in 100g	60.9mg (102% DV)
Per cup pieces (145g)	88.3mg (147% DV)
1 small papaya (157g)	95.6mg (159% DV)

**Other Fruits High in Vitamin C (%DV per cup, chunks or balls):** Mango (100%), Pineapple (131%), Cantaloupe Melon (108%), and Honeydew Melon (53%).



## Vitamin A

Vitamin A promotes the production of white blood cells in your body. White blood cells are the main “**keepers of the injury**”; they help fight off infection and viruses. Even if you don’t have a visual injury like an open wound, your body will still rely on the production of white blood cells to protect the injury and increase the rate of healing.

### #1: Sweet Potato (Cooked)



Vitamin A in 100g	19218IU (384% DV)
Per cup (200g)	38436IU (769% DV)
Per medium potato (114g)	21909IU (438% DV)

**Other Types of Sweet Potato High in Vitamin A (%DV per cup):** Frozen Sweet Potato, cooked, cubed (578%), Canned Sweet Potato (444%), and Raw Sweet Potato, cubed (377%).

### #2: Carrots (Cooked)



Vitamin A in 100g	17033IU (341% DV)
Per cup, sliced (156g)	26572IU (532% DV)
Per carrot (46g)	7835IU (157% DV)

### #3: Dark Leafy Greens (Kale, Cooked)



Vitamin A in 100g	13621IU (272% DV)
Per cup, chopped (130g)	17707IU (354% DV)

**Other Dark Leafy Greens High in Vitamin A (%DV per cup, cooked):** Frozen Spinach (458%), Frozen Collards (391%), Frozen Kale (382%), Frozen Turnip Greens (353%), Spinach (377%), Collards (289%), Dandelion Greens (305%), Beet Greens & Turnip Greens (220%), Swiss Chard (214%), and Pak Choi (144%).



## #4: Squash (Butternut, Cooked)



Vitamin A in 100g	11155IU (223% DV)
Per cup, cubes (205g)	22868IU (457% DV)
Per 1/2 cup, cubes (53g)	11434IU (229% DV)

## #5: Cos or Romaine Lettuce



Vitamin A in 100g	8710IU (174% DV)
Per cup, shredded (47g)	4094IU (82% DV)
Per head (626g)	54525IU (1090% DV)

## #6: Dried Apricots



Vitamin A in 100g	12669IU (253% DV)
Per cup (119g)	15076IU (302% DV)
Per 1/2 cup (60g)	7538IU (151% DV)

## #7: Cantaloupe Melon



Vitamin A in 100g	3382IU (68% DV)
Per cup, cubes (160g)	5411IU (108% DV)
Per medium wedge (69g)	2334IU (47% DV)





## #8: Sweet Red Peppers



Vitamin A in 100g	3131IU (63% DV)
1 cup chopped (149g)	4665IU (93% DV)
1 large pepper (164g)	5135IU (103% DV)

## #9: Tuna Fish (Bluefin, Cooked)



Vitamin A in 100g	2520IU (50% DV)
Per 3oz (85g)	2142IU (43% DV)
Per ounce (28g)	714IU (14% DV)

## #10: Tropical Fruit (Mango)



Vitamin A in 100g	1082IU (22% DV)
Per cup, pieces (165g)	1785IU (36% DV)
Per mango (336g)	3636IU (73% DV)

## Omega-3 Fatty acids

Many research studies have found that omega-3 fatty acids have the ability to reduce inflammation, so much so that other pain killers and drug may not be needed. Most of these studies have been conducted on individuals with rheumatoid arthritis or other cases of extreme inflammation. The results of these numerous studies indicate that high quality omega-3s will reduce inflammation from an injury or daily run. Reducing the swelling and inflammation around an injury will reduce the pain you may be experiencing and promote healing!



## #1: Flaxseed Oil (Cold Pressed)



Omega-3 100g	106817mg
Per cup (218g)	232861mg
Per tablespoon (14g)	14954mg

*Other Vegetable Oils High in Omega-3 (per tablespoon): Canola Oil (2558mg), and Soybean Oil (1901mg).*

## #2: Fish Oil (Salmon)



Omega-3 100g	38105mg
Per tablespoon (14g)	5335mg
Per teaspoon (5g)	1905mg

## #3: Chia Seeds



Omega-3 100g	35660mg
Per 2oz (56g)	19970mg
Per ounce (28g)	9985mg

*Other Seeds High in Omega-3 (per ounce): Flaxseeds (6388mg), Sesame Seeds (105mg), and Pumpkin Seeds (67mg).*

## #4: Walnuts & Walnut Oil (Walnuts)



Omega-3 100g	9080mg
Per cup, pieces (120g)	10896mg
Per ounce (28g)	2542mg



## #5: Fish Roe (Caviar)



Omega-3 100g	6820mg
Per ounce (28g)	1910mg
Per tablespoon (16g)	1091mg

## #6: Cured & Canned Fish (Smoked Salmon)



Omega-3 100g	3010mg
Per fillet (108g)	3251mg
Per ounce (28g)	843mg

## #7: Oily Fish (Mackerel)



Omega-3 100g	2948mg
Per fillet (112g)	3302mg
Per 3oz (85g)	2506mg

## #8: Seafood (Oysters)



Omega-3 100g	1648mg
Per 3 ounces (85g)	1401mg
In a medium oyster (25g)	412mg

**Other Seafood High in Omega-3 (per ounce):** Mussels (265mg), Squid (185mg), and Clams (121mg).





## #9: Soybeans (Roasted)



<i>Omega-3 100g</i>	<i>1694mg</i>
<i>Per cup (172g)</i>	<i>2914mg</i>
<i>Per ounce (28g)</i>	<i>474mg</i>

## #10: Vegetables (Sweet Red Peppers, sautéed)



<i>Omega-3 100g</i>	<i>775mg</i>
<i>Per cup (106g)</i>	<i>822mg</i>
<i>Per 1/2 cup (53g)</i>	<i>411mg</i>

**Other Vegetables High in Omega-3 (per cup, cooked):** Green Peppers (886mg), Frozen Spinach (704mg), Winter Squash (664mg), Onions (574mg), Brussels Sprouts (270mg), Cauliflower (208mg), and Broccoli (151mg)

## Zinc

Every single tissue in your body contains zinc; therefore, it becomes very important in the healing process of any injury. Zinc will help your body use the fats and proteins you consume to promote growth and healing of the injured tissue. Zinc will also help keep your immune system strong, much like vitamin A, which will protect you from other infections or viruses.

## #1: Seafood (Cooked Oysters)



<i>Zinc in 100g</i>	<i>78.6mg (524% DV)</i>
<i>Per 3oz (85g)</i>	<i>66.8mg (445% DV)</i>
<i>Per 6 Oysters (42g)</i>	<i>33.0mg (220% DV)</i>

**Other Seafood High in Zinc (%DV per 3oz cooked):** Crab (43%), and Lobster (41%).



## #2: Beef and Lamb (Cooked Lean Beef Shortribs)



Zinc in 100g	12.3mg (82% DV)
1 Rack of Ribs (315g)	38.7mg (258% DV)
1 Lean Ribeye Fillet (129g)	14.2mg (95% DV)

## #3: Wheat Germ (Toasted)



Zinc in 100g	16.7mg (111% DV)
Per Cup (113g)	18.8mg (126% DV)
Per Ounce (28g)	4.7mg (31% DV)

## #4: Spinach



Zinc in 100g (Cooked)	0.8mg (5% DV)
Per Cup (Cooked - 180g)	1.4mg (9% DV)
100g (Raw)	0.5mg (4% DV)

## #5: Pumpkin and Squash Seeds



Zinc in 100g	10.3mg (69% DV)
Per Cup (64g)	6.6mg (44% DV)
Per Ounce (28g)	2.9mg (19% DV)



## #6: Nuts (Cashews)



Zinc in 100g (Roasted)	5.6mg (37% DV)
Per Cup (137g)	7.7mg (51% DV)
Per Ounce (28g)	1.6mg (10% DV)

**Other Nuts High in Zinc (%DV per ounce):** Pine nuts (12%), Pecans (9%), Almonds (6%), Walnuts (6%), Peanuts (6%), and Hazelnuts (5%).

## #7: Cocoa and Chocolate (Cocoa Powder)



Zinc in 100g	6.8mg (45% DV)
Per Cup (86g)	5.9mg (39% DV)
Per Tablespoon (5g)	0.3mg (2% DV)

## #8: Pork & Chicken (Cooked Lean Pork Shoulder)



Zinc in 100g	5.0mg (33% DV)
Per Steak (147g)	7.4mg (49% DV)
Per 3oz (85g)	4.3mg (28% DV)

## #9: Beans (Cooked Mung Beans)



Zinc in 100g	0.5mg (3% DV)
Per Cup (124g)	0.6mg (4% DV)
Per 3oz (85g)	0.4mg (2.5% DV)

**Other Beans High in Zinc (%DV per cup cooked):** Baked Beans (39%), Adzuki (27%), Chickpeas (17%) and Kidney Beans (12%).



## #10: Mushrooms (Cooked White Mushrooms)



<i>Zinc in 100g</i>	<i>0.9mg (6% DV)</i>
<i>Per Cup Pieces (156g)</i>	<i>1.4mg (9% DV)</i>
<i>Per Mushroom (12g)</i>	<i>0.1mg (1% DV)</i>

## Protein

An injury to the body automatically increases the body's demand for protein. Protein is required in multiple processes that take place as soon as the injury happens and through the injury recovery time. How quickly and how well the injury heals can largely depend on consuming adequate amounts of high quality protein. Therefore, it is essential that runners who are hurt shift their diet from a high carbohydrate to high protein.

## #1: Turkey Breast (and Chicken Breast)



<i>Protein in 100g</i>	<i>30g</i>
<i>Half-Breast (306g)</i>	<i>92g</i>
<i>Protein to Calorie Ratio</i>	<i>1g protein per 4.5 calories</i>

## #2: Fish (Tuna, Salmon, Halibut)



<i>Protein in 100g</i>	<i>26g</i>
<i>3oz Fillet (85g)</i>	<i>22g</i>
<i>Protein to Calorie Ratio</i>	<i>1g protein per 4.5 calories</i>

*Other fish high in protein per fillet (3oz or 85g): Tuna (22g), Salmon (22g), Halibut (22g), Snapper (22g), Perch (21g), Flounder and Sole (21g), Cod (20g), Tilapia (17g).*



## #3: Cheese (Non-fat Mozzarella)



Protein in 100g	32g
1oz Slice (28g)	9g
Protein to Calorie Ratio	1g protein per 4.7 calories

## #4: Pork Loin (Chops)



Protein in 100g	25g
1 Chop (134g, ~5oz)	33g
Protein to Calorie Ratio	1g protein per 5.2 calories

Sirloin Roast 3oz (28g) provides 23g of protein, Ham 3oz (28g) provides 18g of protein, 1 slice of bacon (8g) provides 3g of protein.

## #5: Lean Beef and Veal (Low Fat)



Protein in 100g	36g
3oz Slice (85g)	31g
Protein to Calorie Ratio	1g protein per 5.3 calories

## #6: Tofu



Protein in 100g	7g
3oz Slice (85g)	6g
Protein to Calorie Ratio	1g protein per 7.4 calories





## #7: Beans (Mature Soy Beans)



Protein in 100g	17g
1 cup (172g)	29g
Protein to Calorie Ratio	1g protein per 10.4 calories

**Other beans high in protein per cup cooked:** Kidney Beans (17g), White Beans (17g), Lima Beans (15g), Fava Beans (14g), Black Beans (15g), Mung Beans (14g).

## #8: Eggs (Especially Egg Whites)



Protein in 100g	13g
1 Large Egg (50g)	6g
Protein to Calorie Ratio	1g protein per 12 calories

1 Egg White (33g) provides 4g protein, 1g protein to 4.4 calories.

## #9: Yogurt, Milk, and Soymilk



Protein in 100g	6g
1 cup (245g)	14g
Protein to Calorie Ratio	1g protein per 18 calories

## #10: Nuts and Seeds

(Pumpkin, Squash, and Watermelon Seeds, Peanuts, Almonds)



Protein in 100g	33g
1 Ounce (28g)	9g
Protein to Calorie Ratio	1g protein per 15.8 calories

**Other nuts and seeds high in protein [grams protein per ounce (28g)]:** Peanuts (7g), Almonds (6g), Pistachios (6g), Sunflower Seeds (6g), Flaxseed (5g), Mixed Nuts (4g).



## Sample Meal Plan



Here's a sample meal plan that incorporates a lot of these foods. Of course, you're free to adjust as you see fit, but hopefully it provides a good template for you to follow.

You'll need to adjust the servings to meet your calorie needs. If you don't know how many calories you should be eating, here's a helpful calculator: [Calorie Calculator](#)

Meal 1 - Breakfast	♦	Eggs with peppers and serving of fruit (papaya, guava, kiwi, or strawberries)
Meal 2 - Snack	♦	Cottage cheese with/or nuts or dark, leafy green salad
Meal 3 - Lunch	♦	Grilled chicken breast with broccoli, milk (soy works too), with fruit or salad
Meal 4 - Snack	♦	Beans (soy, edamame), seeds (sunflower, chia, pumpkin), or carrots
Meal 5 - Dinner	♦	Seafood (salmon, tuna) cooked in flaxseed or sunflower oil with brown rice or sweet potatoes, vegetable (broccoli, carrots or spinach) or leafy green salad.
Dessert	♦	Cottage cheese with strawberries or berries

