

NUTRITIONAL SUPPORT FOR CONCUSSION RECOVERY

If you've sustained a concussion, choosing the right foods and nutrition options can help to support your body's natural healing process and speed up recovery

OMEGA 3

Eat oily fish such as salmon or sardines two or three times a week, then plant-based options such as walnuts and chia seeds on the other days



CARBOHYDRATES

Include carbohydrates in every meal, but choose wholegrains and starchy vegetables such as brown rice and sweet potatoes



SUPPLEMENTS

- Anti-inflammatory support such as turmeric or sour cherry
- Vitamin D has neuroprotective benefits
- Creatine to support brain energy function

HYDRATION

Stay well hydrated throughout the day by taking regular sips and keeping a water bottle with you at all times



ANTIOXIDANTS

Aim for eight to 10 portions of fruit and veg each day, especially ones high in vitamin C such as kiwi, citrus fruits, berries, red peppers and broccoli



AVOID

- Nutrient restriction
- Alcohol
- Caffeine in any form, including tea, coffee, cola, energy drinks and gum

