

## Nutrition News Desk

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### ANTI-INJURY EATING

#### Fitness Foods to Ease Soreness, Speed Healing

Whether you're a professional athlete like [pro-surfer Kelly Slater](#) or a weekend warrior, chances are you've experienced some kind of sports-related impairment, ranging from minor muscle soreness and scrapes to more serious joint problems or fractures.

While most doctors recommend "RICE" – rest, ice, compression and elevation – for the treatment of injuries, the quality of your diet can affect how quickly you heal. Certain Superfoods can cut down on your body's recovery time by providing the nutrient building blocks needed to repair stressed muscles or calm inflammation.

We've researched some of the most common sports injuries, explored the mechanisms underlying symptoms, and have prescribed dietary recommendations to get you back in the game with minimal downtime – so you won't miss the many benefits regular exercise provides. For simplicity's sake we've separated these into four categories: Inflammation, Muscle Pain, Black & Blue, and Sprains/Fractures.

#### For Bursitis, Tendonitis, Shin Splints

YOU NEED...	SO EAT...
Bromelain – reduces inflammation	Pineapple
Omega-3 fatty acids – reduce inflammation	Wild salmon, walnuts, flaxseed
Vitamin C – linked to lower C-reactive protein	Red/yellow bell peppers, kiwi, oranges
Anthocyanins – reduce inflammation	Blueberries, cherries, blackberries

#### For Pulled Hamstring

YOU NEED...	SO EAT...
Protein – relieves muscle soreness	Mung beans, oats, wild salmon
Potassium – necessary for building muscles	White beans, potatoes, bananas
Vitamin E – reduces inflammation	Almonds, sunflower seeds, red bell peppers

#### For Muscle Cramps

YOU NEED...	SO EAT...
Water – maintains balance of electrolytes	Water, fruits, vegetables
Electrolytes (allow muscles to contract/relax):	
- Calcium	Non-fat yogurt, collard greens, sardines, soybeans
- Magnesium	Mung beans, spinach, green peas
- Potassium	White beans, potatoes, bananas
- Phosphorus	Lentils, sardines, salmon

#### For Bruising

YOU NEED...	SO EAT...
Bromelain – reduces swelling,	Pineapple

speeds recovery	
Vitamin K – helps with blood clotting	Collard greens, spinach, broccoli
Vitamin C – spurs collagen synthesis	Red/yellow bell peppers, kiwi, oranges
Iron – helps oxygenate blood	Cooked clams, spinach, green peas
Protein – important for collagen formation	Mung beans, oats, wild salmon
Copper – required for cross-linking collagen	Oats, potatoes, green peas

#### **For Cuts/Scrapes**

<b>YOU NEED...</b>	<b>SO EAT...</b>
Vitamin A – fights infection	Sweet potatoes, butternut squash, carrots
Vitamin C – helps inactivate bacteria	Red/yellow bell peppers, kiwi, oranges
Manganese – required for collagen formation	Oats, pineapple, blackberries
Bromelain – digests dead cell matter	Pineapple
Zinc – supports cell repair	Oysters, white beans, oats

#### **For Sprains**

<b>YOU NEED...</b>	<b>SO EAT...</b>
Vitamin C – spurs collagen synthesis	Red/yellow bell peppers, kiwi, oranges
Omega-3 fatty acids – reduce inflammation	Wild salmon, walnuts, flaxseed
Anthocyanins – reduce inflammation	Blueberries, cherries, blackberries
Bromelain – reduces swelling	Pineapple

#### **For Fractures**

<b>YOU NEED...</b>	<b>SO EAT...</b>
Calcium – required for bone formation	Non-fat yogurt, collard greens, sardines, soybeans
Vitamin D – promotes calcium absorption	Oysters, button mushrooms, sardines
Vitamin B12 – linked to bone density	Clams, oysters, sardines
Potassium – reduces calcium excretion	White beans, potatoes, bananas
Vitamin K – enhances mineral-binding capacity of bone proteins	Collard greens, spinach, broccoli
Folate – counters homocysteine, linked to increased risk of fractures	Mung beans, spinach, broccoli