

How To Eat When Injured

When injured,

- ★Eat enough protein for recovery.
- ★Reduce energy intake because of less exercise.
- ★Get more vitamins and minerals that are required for energy production.



Tips for Meals



Select High Protein and Low Fat Foods

→Consume 20-25g of protein per main dish.

For example... A piece of skinless chicken thigh (130g) 24.7g

A piece of salmon (100g) 22.2g

※In case of beef and pork, thigh or fillet is lower in fat than ribs or shoulder loin.



Consume a Moderate Amount of Staple Food (Rice, Noodles, Bread)

→Don't cut out staple food because lack of energy delays recovery from injury.



Actively Consume Vegetables, Mushrooms and Seaweed

→They contain high levels of vitamins and minerals, and are low in energy.



Let's Prevent Injuries!

In order to prevent injuries from sports, it is important to build a strong body (bones, muscles, tendons) and try to recover from fatigue so the day-to-day exhaustion is not carried over to the next day.



Points to Consider for Meals

① Be Careful Not to Run Out of Energy

Lack of energy results in lower bone density and higher risks of stress fractures and osteoporosis. Furthermore, that leads to reduced ability to concentrate which makes the body prone to injury.

② Eat Calcium & Vitamin D-rich Foods

Calcium makes our bones stronger which then prevents stress fractures. Vitamin D assists absorbing calcium; Eating calcium-rich food with Vitamin D-rich food (salmon, eggs etc.) increases the rate of absorption!

③ Eat Vitamin C-rich Foods

Vitamin C is required for synthesizing collagen (protein) that make up human tissues such as skin, ligaments, tendons, and cartilage.

Recommended
Recipe

**Cream pasta
with salmon
and bok choy**



シラレピ

シダックスの管理栄養士が監修した
1週間分の献立を365日お届けします。
お弁当にも活用できるおかずが満載!