



# Healthy Choices During Therapy

Good nutrition is necessary for healing. There are nutrients that the body needs more of during the healing process including increased amounts of protein, vitamin A, and vitamin C. Including more of these nutrients in your diet during your rehabilitation may help accelerate your results.

In addition to the importance of extra nutrients during the healing process, there are also foods that promote inflammation, while others are anti-inflammatory. This can impact the healing process after injury and/or after strenuous exercise. Anti-Inflammatory foods include fish, dark leafy greens, bell peppers, berries, kiwi, dark beans, pecans, almonds, garlic, whole grains and flours. Foods that cause inflammation include high fat red meat, processed meat like hot dogs, pepperoni and sausage, fried food, commercial baked goods, excess alcohol, and sugared beverages.

## Good Protein Choices:

- Nuts and seeds
- Dried beans & peas
- Cheese, milk, yogurt
- Eggs
- Lean meats

## Where to Find Vitamin A:

- Dark greens
- Leafy vegetables
- Orange or yellow vegetables
- Orange fruits
- Fortified dairy products
- Liver

## Look for Vitamin C Here:

- Citrus fruits and juices
- Strawberries
- Tomatoes, peppers, potatoes, spinach, broccoli, cauliflower, brussel sprouts & cabbage

## Smoking Delays Healing



Smoking causes the blood vessels to become smaller. Smaller vessels carry less oxygen, nutrients, and healing factors to your injury. Cigarette smoke also contains carbon monoxide which is a poison that decreases the amount of oxygen in your blood. Oxygen is a vital component to the healing of your injury! Studies have shown decreased carbon monoxide levels in the bloodstream, as well as increased oxygen levels, 3 days after quitting smoking. It is never too late to quit!



## Stay Hydrated!

- Getting enough water every day is important for your overall health.
- Water helps your body keep your temperature normal, lubricate and cushion joints, and protect your spinal cord and other sensitive tissues.
- Your body needs more water when you are in hot climates or more physically active.