



NUTRIENTS FOR TRAUMATIC BRAIN INJURY/CONCUSSION



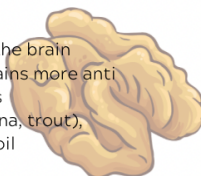
Head injuries can result from a sudden blow to the head or body that causes the brain to move rapidly inside the skull. An increase in energy supply and supplementation can be vital to the healing process for a traumatic brain injury. Proper rest and fueling can improve recovery time and enhance the healing process!

STRATEGIES TO ENSURE ADEQUATE ENERGY FOR BRAIN HEALING

- Eat small, nutrient-dense meals every 2-3 hours
- Prioritize protein consumption to promote brain tissue healing
- Avoid skipping meals
- Drink plenty of water to facilitate nutrient delivery
- Increase rest to help facilitate brain healing

Omega-3 Fatty Acids

- Helps reduce inflammation in the brain
- Choose DHA over EPA as DHA contains more anti-inflammatory properties
- Fatty fish (salmon, mackerel, tuna, trout), flaxseed, walnuts, canola oil



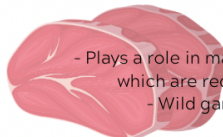
Zinc

- High concentrations within the brain
- Plays an important role in nerve and neurological function
- Oysters, beef, fortified cereals, pork, beans, dark meat chicken, yogurt, cashews, chick peas



Creatine

- Plays a role in maintaining cellular energy reserves, which are required for daily brain function
- Wild game, red meat, poultry, fish



Flavonoids

- Antioxidant and anti-inflammatory effects
- Decreases brain swelling common in concussions
- Berries, grapes, citrus fruits, kale, broccoli, apples



ADDITIONAL RECOVERY TIPS

Optimal Recovery Strategies:

1. Develop a plan with your H2F team to modify your workouts and nutrition to optimize recovery
2. Consume quality sources of protein to repair brain
3. Hydrate to improve blood flow and nutrient delivery to the brain

Meal and Snack Ideas:

- Greek yogurt with flaxseed and berries
- Trail mix with walnuts, cashews, pumpkin seeds, and dried blueberries
- Grilled salmon with broccoli and edamame
- Turkey burger topped with avocado
- Dark meat chicken salad with grapes and cashews
- Kale salad topped with chickpeas, avocado, broccoli, and orange slices



Nutrition Appointment Request

Need to schedule an appointment with the other H2F Divisions?

Mental Readiness Appointments: 62nd_MentalReadiness_distro@army.mil

Nutrition Appointments: usarmy.jblm.62-med-bde.list.h2f-rd@army.mil 253-968-6692