



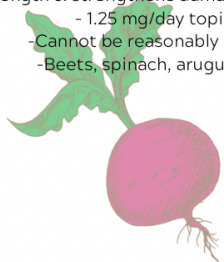
## NUTRIENTS FOR SOFT TISSUE RECOVERY



Some injuries can cause damage to soft tissues such as tendons, ligaments and muscles which provide the structural stability to joints and serve as the connections between muscles, cartilage, and bones. Injuries from soft tissues can be acute (from sudden trauma) or chronic (from overuse) but getting the proper nutrients can improve recovery time and enhance the healing process!

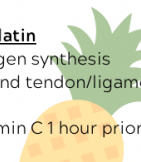
### Nitric Oxide

- Increases collagen synthesis & speeds healing length & strengthens damaged tendons/ligaments
- 1.25 mg/day topically via patch
- Cannot be reasonably obtained from food
- Beets, spinach, arugula, celery, radishes



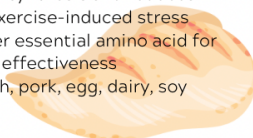
### Vitamin C & Gelatin

- Promotes greater collagen synthesis
- Important for wound healing and tendon/ligament repair
- 10-15g gelatin and 50 mg vitamin C 1 hour prior to exercise
- Citrus fruit, pineapple, bell peppers, kiwi, broccoli, berries, baked potato, tomato, leafy greens
- See other side for gelatin gummy recipe



### Leucine

- Stimulates protein synthesis and reduces breakdown after exercise-induced stress
- Combine with another essential amino acid for enhanced effectiveness
- Chicken, beef, fish, pork, egg, dairy, soy



## 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 tissue and minimize muscle loss
3. Hydrate to improve blood flow and nutrient delivery to injured areas

### Meal and Snack Ideas:

- Greek yogurt with mango, granola, walnuts
- Cottage cheese with melon and toast
- Grilled salmon with beets and sweet potato
- Orange slices and string cheese
- Celery with peanut butter and raisins
- Fortified breakfast cereal with milk and eggs

#### Gelatin Gummy Recipe (6 servings)

12 Knox gelatin packs or ~1/2 cup (84g) gelatin  
1/8 tsp vitamin C powder  
1 tsp crystal light powder  
1 cup juice

14g gelatin, 50mg vitamin C, 7g protein, 4g carb per serving



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