



NUTRIENTS FOR BONE/JOINT INJURY RECOVERY



Bone and joint injuries can result from a sudden trauma (e.g. fall), or activities that cause repeated stress over time (e.g. running). The healing process for a bone or joint injury can be lengthy as bone and cartilage remodel but getting the right nutrients can improve recovery time and enhance the healing process!

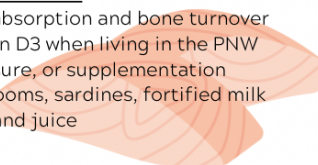
Calcium

- Provides strength and structure to bones
- 1,500-2,000 mg/day
- Choose food first!
- Milk/milk-alternatives, cheese, yogurt, tofu, sardines, collard greens, fortified juice



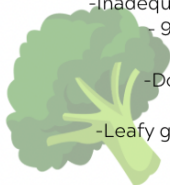
Vitamin D

- Critical for calcium absorption and bone turnover
- 2000 IU/day vitamin D3 when living in the PNW
- Food, sun exposure, or supplementation
- Wild salmon, mushrooms, sardines, fortified milk and juice



Vitamin K

- Inadequate intake can inhibit bone healing
- 90-120mcg/day (women/men)
- Choose food first!
- Do not supplement above daily recommendation!
- Leafy greens, broccoli, soy foods, prunes, pumpkin



Magnesium

- Important role in integrity of bone structure
- 320-420mg/day (women/men)
- Choose food first!
- Do not supplement above daily recommendation!
- Pumpkin seeds, almonds, spinach, soy, avocado, cashews, legumes



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
4. Eat calcium rich foods at each meal and snack to optimize bone repair

Meal and Snack Ideas:

- Yogurt with granola, nuts, and fruit
- Oatmeal, eggs, and calcium fortified orange juice
- Beef stew with potatoes, carrots, and tomatoes
- Tofu stir fry with bell peppers, cabbage, and brown rice
- String cheese and sliced kiwi
- Cottage cheese with fruit

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



Nutrition Appointment
Request