

Nutrition During Concussion Recovery



ANPT Concussion/mTBI Knowledge Translation Task force

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Provide early nutrition during the first 24 hours. Do not skip meals, especially breakfast. Have power snacks like fruits, smoothies, trail mix.

References



A healthy diet after concussion should include:

- Adequate calories
- Anti-inflammatory foods: Fatty fish, healthy oils, flaxseed, fruits, vegetables, and lean proteins
- Healthy fats: Oils, nuts, natural nut butter, fruits, vegetables (Avocados).
- Omega-3 fatty acids: Fish
- Protein and amino acid: Fish, lean chicken and meat, eggs, legumes, nuts and seeds
- Vitamins and minerals: Fruits and vegetables.
- Vitamin B: whole grains, brown and wild rice, multi grain bread and cereal
- Blood sugar (balance): Natural fruit sugar (fresh fruits), grapes, raisin
- Antioxidant: Vitamin E, spinach, oils, nuts
- Curcumin: Spice that helps with brain function
- Probiotics and prebiotics to help with gut bacteria

Water: lots of it!

If nauseous, have a bland diet with bananas, rice, applesauce, whole grain toast

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References

