

NUTRITION RECOMMENDATIONS FOR CONCUSSIONS

FUELING — EAT ENOUGH AND BALANCED

- Calorie needs increase slightly initially post-concussion - eating enough to meet your needs is MOST important.
- Aim for balanced intake with adequate quality carbs and fat sources, proteins, and color (fruits/vegetables) at all meals.
- Quality fat sources and a variety of fruits and vegetables will support brain healing.
- If you are stuck, use meal and snack suggestions on the next two pages!



AVOID

- Caffeine - Especially in the period 24-72 hours post-concussion
- Alcohol - Avoid completely in initial recovery stages. Significantly associated with longer recovery
- Sugary snacks/beverages - May increase symptoms and affect sleep quality.

HYDRATION

- Fluids and electrolytes help your body stay hydrated to manage symptoms like fatigue and headaches.
- Start hydrating first thing in the morning and continue through the day.
- Include hydrating foods like fruits/vegetables, broths, etc.
- Aim for at least 80 oz of water + low sugar (not zero sugar) electrolyte beverages.
- Avoid options with artificial sweetener or sugar substitutes.

SUPPLEMENT — CONSULT YOUR PROVIDER FIRST

- Magnesium: symptom management, especially 48hr following injury.
- Omega 3/DHA: symptom management and brain protective factor.
- Creatine: improved cognition and decreased headaches, dizziness, and fatigue.
- Vitamin C/E: decreases oxidative stress to improve healing and decrease symptoms.

TIPS

- If appetite is limited:
 - Focus on getting easy, palatable, calorie dense options. As symptoms improve you can move towards more typical intake.
 - Aim for frequent small meals and snacks.
 - Keep easy quality snack options nearby.
- As you return to activity, remember to increase your fueling and hydration intake accordingly to continue to support healing.

WHEN TO REACH OUT

- If struggling to eat consistent intake due to symptoms (nausea, fatigue, headaches).
- If having any increase in vomiting.
- If anxiety around decreased activity is leading to difficulty eating adequately for recovery.



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MEAL GUIDE

- ½ - ⅓ plate fruits/veggies
- ¼ - ⅓ plate protein
- ¼ - ⅓ plate whole grains
- Fat source and fluids with every meal



SNACK IDEAS

- Fruit and nut butter/ nuts
- Trail mix
- Plain Greek yogurt + toppings (granola, berries, nut butter, chia/flax seeds, honey)
- Cheese and whole grain crackers
- Cottage cheese and fruit/veggies
- Edamame
- Guacamole or hummus and veggies
- Frozen yogurt bark
 - Recipe: <https://iheartvegetables.com/berry-yogurt-bark/>
- Chia pudding
 - Recipe: <https://loveandlemons.com chia-seed-pudding/>
- Energy bites
 - Recipe: <https://www.gimmesomeoven.com/no-bake-energy-bites/>
- Quality bars (Perfect Bars, Robo's Oat, RX Bars, Kind Bars)

BREAKFAST IDEAS

AVOCADO TOAST

- Whole grain bread
- Avocado
- Vegetables
- Protein (egg, turkey, etc.)

WAFFLES

- Frozen Kodiak waffles (or similar brand)
- Top with choice of: berries, walnuts, chia/flax seeds, drizzle of nut butter/ honey, greek yogurt

OVERNIGHT OATS

- ½ cup oats
- ½ cup milk/ milk alternative
- 2 tbsp nuts
- Berries

Mix and store in the refrigerator overnight. Can make multiple servings at once or add additional toppings (nuts/seeds, granola, diced fruit, honey, peanut butter, etc.)

EGG BITES

- Can use frozen/pre-made egg bites or recipe (<https://www.loveandlemons.com/egg-bites-recipe/>)
- Break up into a whole wheat tortilla or add whole wheat toast on the side
- Add fruit on the side

SMOOTHIES

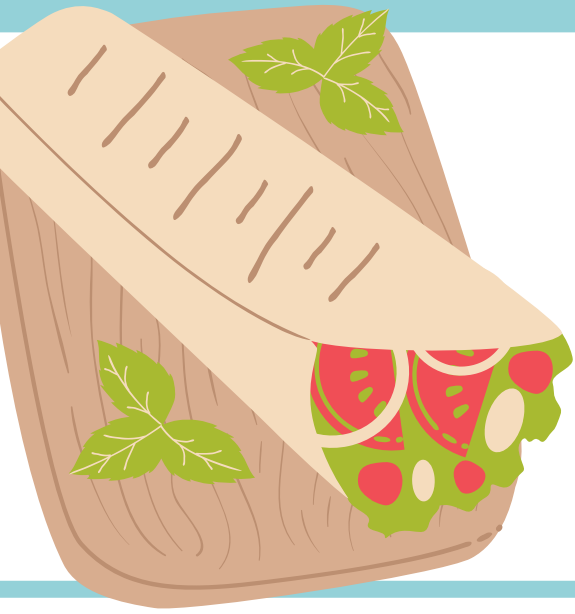
- 1 banana
- ¼ cup greek yogurt
- 1-2 tbsp nut butter
- 1 cup frozen berries
- 1 cup milk/ milk alternative
- 1 tbsp chia seeds
- Toppings (nuts/seeds, granola, diced fruit, honey, peanut butter, etc.)



Please note: These are just ideas and not meant to be an individualized meal plan or replace discussion with a nutrition professional. Amounts needed will vary by individual

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LUNCH AND DINNER IDEAS



CHICKEN VEGGIE WRAP

- Whole wheat tortilla
- Diced chicken (can use pre-cooked/rotisserie)
- Veggies (greens, bell peppers, tomatoes, cucumber, etc.)
- Shredded cheese
- Hummus

SHRIMP AVOCADO BOWL

- Shrimp (can sub chicken)
 - Seasoning recipe: <https://ourbalancedbowl.com/loaded-spicy-shrimp-bowl/>
- Rice or quinoa
- ½ avocado
- Veggies (greens, bell peppers, tomatoes, cucumber, etc.)

VEGGIE BURGER BOWL

- Frozen black bean or veggie burger
- Rice (can be microwavable)
- Pre-bagged salad mix (including dressings and toppings)
- Toppings: nuts/seeds



SALMON AND QUINOA SALAD

- Quinoa salad
 - Recipe: <https://cookieandkate.com/best-quinoa-salad-recipe/>
- Top with salmon

STIR FRY

- Rice (can use microwavable rice)
- Protein source (ground beef/turkey, chicken, steak, meat alternative)
- Veggies (greens, bell peppers, onions, etc.)
- Sauce
 - Recipe: <https://www.loveandlemons.com/stir-fry-sauce/>

TACOS

- Protein source (ground beef/turkey, chicken, steak, meat alternative)
- Black or pinto beans
- Shredded cheese
- Fajita veggies
- Avocado
- Salsa
- Whole wheat tortilla



FREEZER MEALS (BRANDS)

- Rao's
- Trader Joe's
- Amy's
- Dr. Prager
- Primal Kitchen
- Good Food Made Simple
- Evol
- Kashi
- Saffron Road



SNACK PLATE

- Deli meat or diced chicken
- Cheese stick or cheese slices
- Crackers/pretzels and guacamole
- Berries

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