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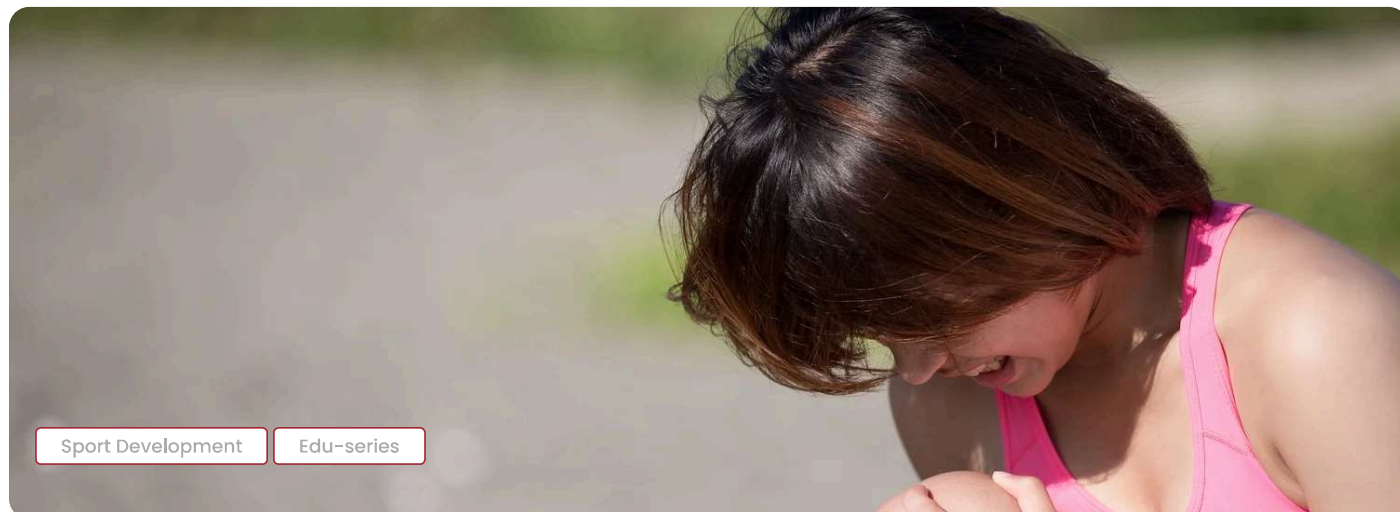
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Best Foods For Sport Strain (And An Active Lifestyle)



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Best Foods for Sport Strain (and An Active Lifestyle)

by **SportSG**, on Jan 5, 2023

For active individuals, getting a strain here or injury there may be quite unavoidable. From not warming up properly or sufficiently, to on-field risks, to even dehydration or excessive exercise, these are common causes of sport strain or injury.



Common ailments include – but are not limited to – abrasion, dislocation, fracture, inflammation and sprain. Some are detected instantly, while others may start from being negligible or minor but deteriorate if unnoticed or left untreated.

While we may not be able to go risk-free, being active adults can definitely boost our bodies and help us stay in better form for our active lifestyle and speedier recovery. Giving more attention to our dietary choices is one way to achieve this.

How food helps

Best foods for recovery



1. Calcium

For: bone fracture recovery, regulating heart & brain functions

Try: almond, broccoli, dairy products, edamame

2. Fibre

For: strain & tear recovery, preventing further inflammation

Try: berries, brown rice, sweet potato



3. Omega-3 & 6

For: easing inflammation

Try: chia seed, canola/corn/sunflower oil, salmon, soybean, tuna, walnut

4. Protein

For: boosting muscle tissue, preventing muscle mass loss

Try: chicken, egg, fish, nuts, tofu



5. Vitamin C

For: reducing inflammation, restoration, reducing oxidative stress

Try: grapefruit, kiwi, orange, spinach, strawberries, tomatoes

6. Vitamin D

For: aid absorption of calcium, natural pain management, skeletal muscle growth

Try: avocado, cod liver oil, milk, salmon, tuna

7. Zinc

For: tissue healing, metabolism, reducing oxidative process

Try: chickpea, fish, meat, nuts, oyster, shellfish, whole grains

Note: balance your diet to beat copper deficiency associated with zinc intake



In addition to dietary attention, consider these tips for a more holistic approach to recovery!

- Ensure adequate sleep
- Manage stress levels
- Allow yourself time to rest and heal (don't be hasty to resume strenuous exercise)
- Try something new (and less strenuous) in the interim
- Get prompt treatment

Remember that all the above works just as well for our children and their active lifestyle.

For more advice on foods good for kids, check out:

[Get Your Kids Going, Growing & Glowing – the 3G Diet for Pre-schoolers](#)

[Feeding Our Primary School Kids Right](#)

[5 Ways To Get Your Child To Love Veggies](#)



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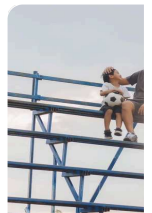
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