



Nutrition for Recovery and Injury

Eating to repair, rebuild and get back to full strength

Whether you are bouncing back from a hard training block or working through an injury, nutrition gives your body the raw materials to repair. Good nutrition supports the healing process. It works alongside your medical and physiotherapy care, never instead of it.

Fuel the repair, do not crash diet

It is tempting to cut calories hard when you cannot train, but healing costs energy. Under-eating slows repair and can cost you muscle at the very time you want to protect it. Keep eating enough, keep protein high, and adjust total calories only modestly for your lower activity.

The building blocks

Nutrient	Why it matters for repair	Where to get it
Protein	The priority for rebuilding tissue and protecting muscle	Aim higher during recovery, 20 to 40 g spread across meals
Energy	Healing needs fuel; deep deficits slow it down	Enough carbohydrate and overall calories
Collagen + vitamin C	May support tendon, ligament and bone tissue	Take vitamin C alongside; citrus, peppers, berries
Omega-3	May help manage inflammation as part of a balanced diet	Oily fish, flax, walnuts
Calcium + vitamin D	Important for bone healing	Dairy or fortified alternatives, sunlight, supplement in winter
Colourful fruit & veg	Antioxidants and micronutrients for repair	A wide variety, eat a rainbow

After hard sessions: refuel, repair, rehydrate

For everyday training recovery, the basics still apply: refuel with carbohydrate, repair with protein, and rehydrate with fluids and electrolytes, sooner rather than later after the session.

Do not starve an injury. Cutting calories hard while injured slows healing and burns muscle. Fuel the repair, lead with protein, and ease back into training gradually as you are cleared to.

A note on scope

This is general nutrition guidance to support recovery. It does not diagnose or treat injuries. Always follow the advice of your GP, physiotherapist or medical team, and see them for any injury that is severe, not improving, or causing you concern.

Where to learn more: the NHS, the British Dietetic Association (BDA), the Sport and Exercise Nutrition register (SENr), and the British Nutrition Foundation. For any injury, work with your GP or physiotherapist.

This leaflet is general nutritional guidance for education only. It is not medical advice, diagnosis or treatment, and it does not replace advice from your GP or a registered dietitian. Always check with a qualified professional before making significant changes, particularly if you have a health condition, are pregnant, or take medication.

Ready to take the next step? Book a free call or start your food diary analysis at performancenutritionlondon.co.uk