

Fuel to Prevent and Repair Injury

BEST FOODS

- Pineapple*
- Oranges
- Berries*
- Apples
- Broccoli*
- Carrots
- Peppers
- Onion
- Garlic
- Black Beans
- Brown Rice
- Whole Grains
- Hummus
- Less Processed Foods
- Low-fat Dairy
- Tuna & Salmon

- Almonds/Walnuts
- Peanut Butter

Worst Foods

- Sugary foods
- Alcohol
- Energy Drinks
- Trans Fats
- Saturated Fats
- Highly Processed Foods
- Fried & Breaded Foods
- French Fries
- Chips
- High Fat Meats/Dairy

*Fruits and Veggies can be fresh, canned, or frozen