

# NUTRITION FOLLOWING SPORT-RELATED CONCUSSION



- Fuelling and nutrition are essential for concussion recovery
- Symptoms like nausea, headaches, loss of appetite, and general discomfort can make eating challenging
- Difficulty concentrating, fatigue, and sensitivity to light or noise can make meal planning and preparation challenging
- Diets like keto, intermittent fasting, or calorie restriction have no evidence in the concussion space and are discouraged, as inadequate energy intake can slow healing
- There is limited evidence for the use of some supplements, consult with a NZ Registered Nutritionist/Dietitian for your individual recommendations



## FOOD FIRST APPROACH

### PRIORITISE

Energy Intake



Hydration



Protein Intake



Colourful fruit and vegetables



Fatty fish such as salmon, sardines, or flaxseed, chia seeds and walnuts



### CONSUME LESS

Processed food



Refined sugars



Caffeine



Alcohol

**HPSNZ recommendation:** Consult with a NZ Registered Nutritionist/Dietitian within the first week of sustaining a concussion. This helps assess your requirements and how to enhance your recovery.



**HIGH PERFORMANCE  
SPORT NEW ZEALAND**

