

Fueling Recovery: Nutrition Strategies for Injury Prevention & Healing
Dana Angelo White, RD, ATC

8:00 AM to 3:30 PM Central

Nutrition Fundamentals for Healthcare Professionals

Macros vs micros

Protein needs

What's the skinny on fats?

How to build a healthy plate

Diet wars: keto, paleo, fasting – and all the other plans you're asked about

Break – 15 Minutes

Nutrition Assessment – Quick and Easy!

Simple tools to assess nutrition as a part of your eval

Specific questions to ask injured patients

Red flags that may impact healing

Limitations

Food as Medicine! Nutrition Based Strategies to Promote Healing in Common Injuries

Variations in needs based on the type and severity of injury

Calories

Protein

Iron

Vitamin D

Omega-3

Creatine

Collagen

Zinc

Lunch – 60 minutes

Types of injuries that can benefit from a food as medicine approach:

Soft Tissue

Bone

Acute injury

Chronic pain

Concussion

How to handle common pitfalls: loss of appetite, medication side effects, muscle loss

Consideration for populations across the lifecycle

Supplements: the Good, the Bad and the Ugly

How to use appropriate supplements safely
Resources for supplement evaluation
Corresponding biochemical assessments
Demonstration of supplement vs. food for proper intake
Most Dangerous Supplements
Supplement safety & 3rd party verification

Break – 15 minutes

Cooking Demos! Simple Techniques for Home Program that Accelerate Healing

Salmon rice bowls
Pre-workout collagen drinks
Post workout smoothies
Post workout egg skillet

360 Minutes

6.0 Hours