Shoreline Orthopaedics

Nutrition for Fracture Healing

- Your diet and pre-injury health influence your ability to heal and recover from a fracture. However, small changes can have a significant impact on your recovery, healing, and risk for future fractures/injuries
- This handout is meant to provide some high yield recommendations to help with overall health, nutrition and fracture healing.

Diet

- Eat foods that will help decrease inflammation, minimize muscle mass loss, heal wounds, promote bone health and manage weight.
    - Foods that lower inflammation
        - Fruits and vegetables
        - Legumes (beans)
        - Omega-3 rich Fish (Salmon, Halibut, Tuna, Sardines, Scallops, Herring, Anchovies, Oysters, Trout, Mackerel)
        - Omega-3 rich fats (Walnuts, Olives/Olive Oil, Avocados/Avocado Oil, Flaxseed, Chia Seeds)
    - Foods that minimize muscle mass loss
        - You should aim to eat 1-2g of protein per kilogram of weight
            - i.e.: 200lb person (90kg) should consume a minimum of 90g of protein each day
        - High quality protein foods
            - Eggs/Egg Whites
            - Greek Yogurt
            - Fish
            - Lean Meats (ideally grass fed/finished)
                - Beef, chicken, turkey, pork, bison, venison, etc.
            - Protein Supplements – Powders and Shakes
                - Make sure to use a brand that is independently tested and verified for purity
                - Avoid brands with excessive sugar/sugar substitutes
    - Supplements
        - Make sure to select supplements that are USP certified
        - Vitamin D3
            - Minimum 5,000IU (125mcg) per day for 5-6 weeks
                - Your physician may recommend up to 2x a day
                - You may see this combined with Vit K or K2 – this helps with absorption
            - After 5-6 weeks then decrease to 2,000IU (50mcg) daily
        - Multi-vitamin
            - Make sure it has Vitamin C, Zinc, Magnesium and Calcium
            - Calcium
                - 1200mg per day
                    - 500-600mg from supplements
                    - Remaining requirement from calcium rich foods
                        - i.e. Dairy products, kale, spinach, broccoli, Salmon, sardines