

# Sprains and Strains

## **Dietary Suggestions:**

- Lean protein to rebuild strong, elastic muscles and ligaments – reasonable amounts of turkey, chicken, fish, beans
- Deeply colored fruits and vegetables for antioxidants
- Avoid fast food, processed food, fried food, salt, sugar – makes inflammation and swelling worse

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*