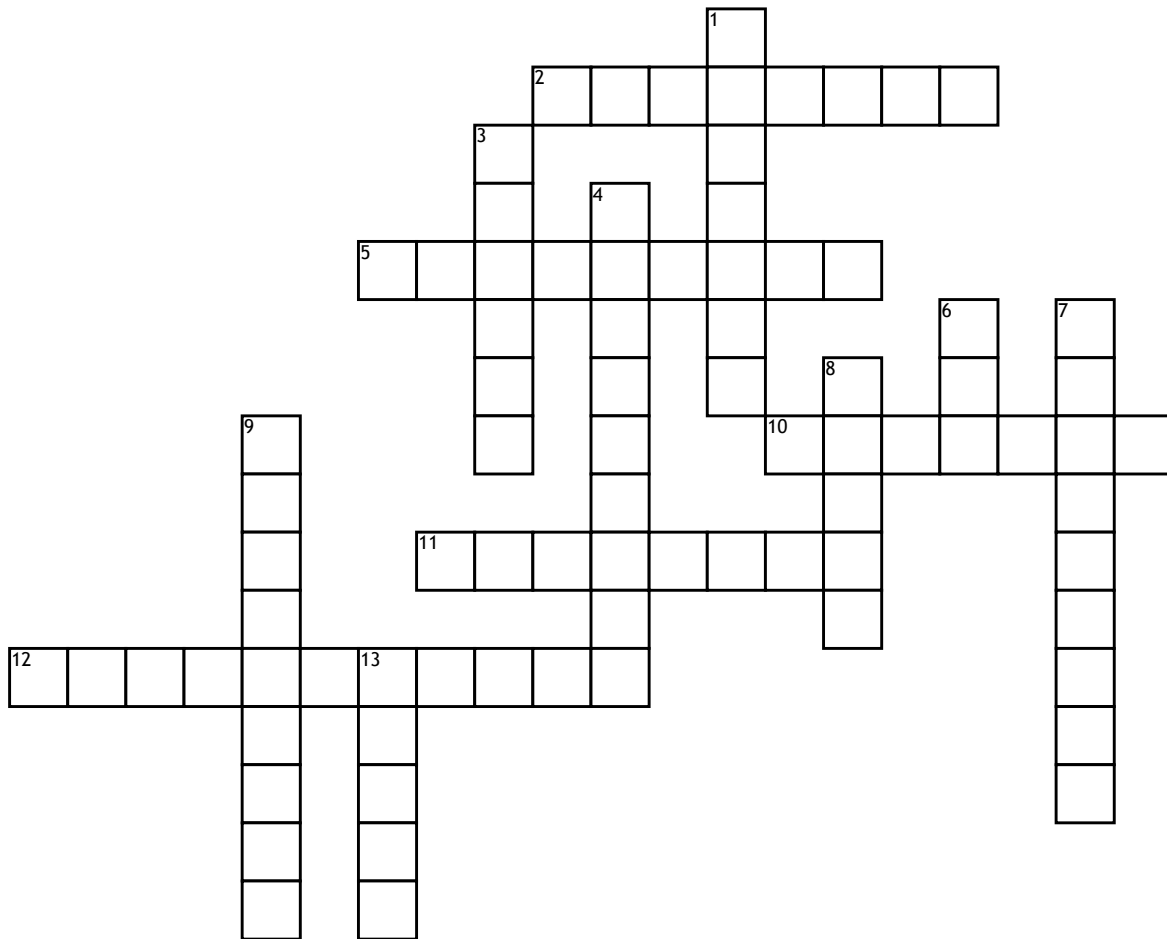


Nutrition in Medicine and Performance



Across

2. Helps prevent stress fractures and maintain calcium absorption

5. What part of recovery includes muscle glycogen (carbohydrates stored in muscle) after practice?

10. Inflammation goes away entirely. Strong, new collagen fibers are laid down to finish formation of scar tissue.

11. marked by new growth of connective tissue and capillaries and decreased inflammation. Scar tissue continues to grow

12. This nutrient plays a key role in growth and repair of connective tissues

Down

1. Inadequate intake of this negatively impacts healing bones

3. What part of recovery very regenerates muscles with high quality proteins?

4. Which part of recovery requires fluid and electrolytes based on sweat loss during training?

6. What stage of injury includes return of mobility and active rehab?

7. What part of recovery includes muscle cells and immune system with colorful and antioxidant rich foods?

8. How many stages of inflammation are there?

9. What diet is a fasting mimicking diet?

13. Occurs at the time of injury, greatest amount of inflammation