PromoteHealth
Physiotherapy & Performance

A confident, informed return to movement and sport

PATIENT INFORMATION GUIDE • DIET & NUTRITION • ADULTS

Eat well: fuel health and activity

A balanced diet supports health, activity and recovery. Your needs depend on daily life and training. This is general adult advice; medical conditions may need a tailored plan.

YOUR EVERYDAY NUTRITION PLAN

01

BUILD BALANCED MEALS

Include variety

Base meals on higher-fibre starchy foods with vegetables or fruit and a protein source. Include dairy or suitable fortified alternatives, and small amounts of unsaturated fats.

02

SUPPORT ACTIVE DAYS

Eat enough to train

Carbohydrate fuels activity; protein supports muscle maintenance and repair. Include protein foods across meals and adjust portions to your needs. Avoid cutting out whole food groups without a reason.

03

KEEP FLUIDS REGULAR

Drink through the day

Water is a good everyday choice. Most adults can use 6-8 cups or glasses of fluid daily as a guide, with more needed in heat or activity. Follow any prescribed fluid limit.

04

MAKE IT PRACTICAL

Plan simple choices

Aim for at least 5 portions of fruit and vegetables daily. Fresh, frozen and tinned options count. Keep useful meal ingredients available; have foods high in salt, sugar or saturated fat less often.

FOOD FIRST, WITH SUPPORT

In the UK, consider 10 micrograms of vitamin D daily in autumn and winter. Some people need it year-round; ask a pharmacist. Supplements do not replace meals.

TRAINING & RECOVERY

For long or demanding sessions, plan carbohydrate, fluids and a recovery meal or snack. A sports dietitian can tailor fuelling to your training and event.

TRAIN SMART / WHEN TO GET ADVICE

Get tailored advice: pregnancy, diabetes, kidney disease, food allergy, digestive disease or a highly restricted diet can change requirements. Speak to a clinician or registered dietitian before major changes.

Recognise under-fuelling: persistent fatigue, repeated injuries, menstrual changes or declining performance can accompany low energy availability. This can happen at any body size; seek assessment rather than cutting intake further.

Ask for support: unintentional weight loss, difficulty eating, or anxiety and rigid rules around food deserve help. Choose a sustainable pattern that supports health, not a rapid transformation promise.

INFORMED BY: NHS: Balanced diet • NHS: Vitamin D • ASC: Energy availability • HPRC: Recovery nutrition

Disclaimer: For general information only; not a replacement for professional medical advice or an individual rehabilitation plan.

GET IN TOUCH

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Physiotherapy in Abingdon | Online support available