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# Hockey Nutrition 101!



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2014-2015 player nutrition  
guide

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# Benefits of a well balanced diet for athletes:

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- Optimal gains from training programs.
  - Enhanced recovery between workouts and events.
  - Achievement and maintenance of an ideal body weight and physique.
  - A reduced risk of injury and illness.
  - Confidence in being well-prepared to face competition.
  - Consistent high levels of performance on & off the ice.
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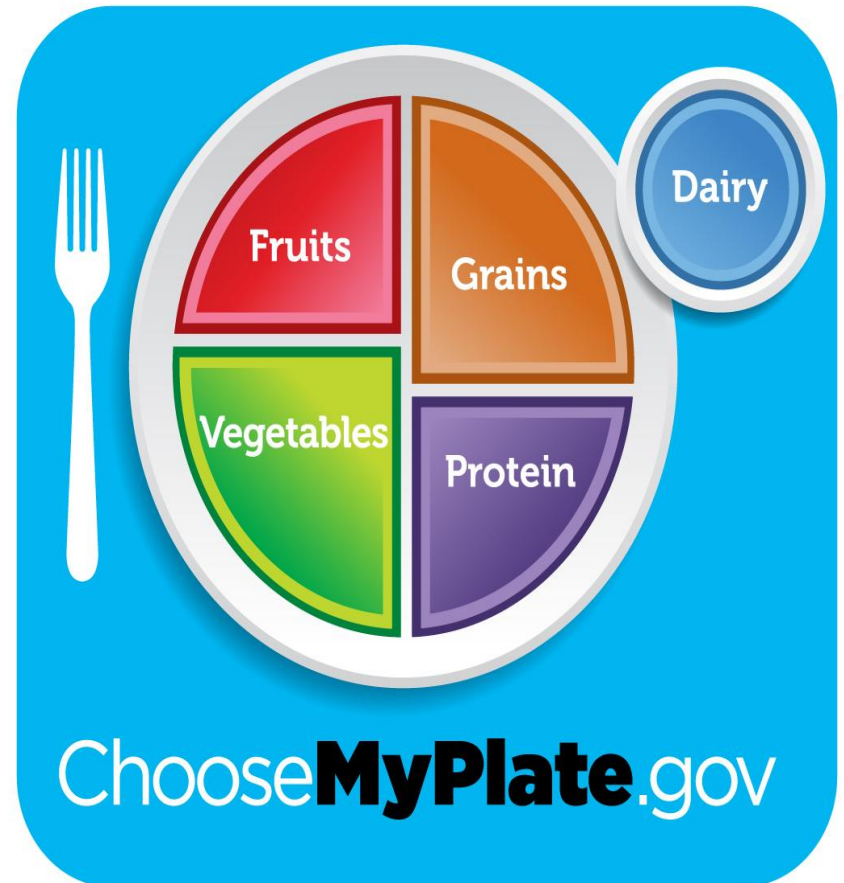
# Basics of a healthy diet:

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## Build a healthy plate

Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solid fats.



# Training and game day eating plan:

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## Breakfast

- Eat a healthy breakfast every day with at least three of the four food groups.
- Start hydrating early in the day, with a large glass of milk and some water on the way to school.
- A variety of foods containing carbohydrates and protein replenishes fuel stores and gives the body a jump-start on the day. It also helps the brain work better.
- The body's fuel tank is empty after a night's sleep—that's the reason you need to break the fast!

## Try these:

### Breakfast 1:

- 1 whole grain bagel
- Peanut butter or natural cheese
- 1 banana
- 1-2 cups milk

### Breakfast 2:

- 1 cup oatmeal with brown sugar or honey
- $\frac{1}{2}$  cup blueberries or strawberries
- 1-2 cups milk

### Breakfast 3:

- 2-egg omelette
  - 2 slices of whole wheat toast with margarine
  - Fresh orange or pear
  - 1-2 cups milk
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# Training and game day plan cont'd:

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## Lunch:

- Let lunch be the last large meal before afternoon competition or practice. Eat lunch two to three hours beforehand.
- Include a good source of carbohydrate, protein and some fat.
- Hydrate with at least one large glass of water in addition to at least one serving of milk
- Eating a variety of foods will help ensure your hockey player gets the nutrients needed to grow, think, play and be healthier overall.

## Try these:

### Turkey Sandwich:

- 2 slices whole grain bread
- Lower-sodium turkey slices
- Mustard, tomato and lettuce
- 1 cup baby carrots and 2 Tbsp dressing to dip
- 1 orange
- 1 to 2 cups milk
- 2 chocolate chip cookies

### PB & J Sandwich:

- 2 slices whole wheat bread
- Peanut butter
- Jelly or jam
- Salad with dressing
- 1 banana
- Yogurt
- 1-2 cups milk

### Taco:

- Taco with ground meat
  - Lettuce, tomatoes and cheese
  - Salad with dressing
  - Apple
  - 2 oatmeal cookies
  - 1-2 cups milk
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# Training and game day plan cont'd:

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## 2 hrs prior to event:

- Fuel and hydrate with high-carbohydrate foods lower in fat plus a *little* protein.
- Choose foods and beverages that are well tolerated and easily digested since the body needs the energy from carbs.

### Try these:

- Fresh fruit
- Fruit-filled cereal bar
- Peanut butter and crackers
- 100% fruit juice
- Granola bar
- Pudding
- Crackers and cheese
- Yogurt
- Trail mix

## 1 hr prior to event:

- Fuel and hydrate without stressing the digestive tract.
- Avoid simple carbs such as chocolate and sugar
- Avoid carbonated, caffeinated beverages.

### Try these:

- $\frac{1}{2}$  cup yogurt
  - 1 cup milk
  - 2 crackers and peanut butter
  - 2 cups water
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# Training and game day plan cont'd:

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## Dinner/Post event:

- Eat to restore energy, repair muscles and replace minerals lost in sweat and to supply nutrients for growth, development and energy for tomorrow.
- Young athletes are growing. The body and brain need good nutrition to meet all growth, development and activity needs.
- Fuel stores are best replenished within a few hours after working out.

## Incorporate these:

- **Meat and Alternatives:** Lean meats, fish or alternatives such as tofu.
  - **Milk and Alternatives:** Fluid milk or fortified soy beverages, or yogurt.
  - **Grain Products:** Whole grain rice, pasta, breads, cereals, quinoa, bulgur, barley and couscous.
  - **Vegetables and Fruits:** To maximize nutrients from vegetables, try to have at least two different colors of vegetables at dinner. Have at least one serving of fruit. Rotate fruits throughout the week to get maximum variety.
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# Refueling after training, practices & games:

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When you are training and competing full time, there are several physiological consequences that occur as a result of hard exercise. A sound recovery nutrition protocol will ensure you can optimize training adaptations and perform at 100% of your body's potential for the next training bout or in preparation for competition.

<u>Physical consequences from training</u>	<u>4 R's of recovery</u>
Dehydration	<b>Re-hydrate</b> with fluids and electrolytes
Breakdown of Muscle	<b>Repair</b> and regenerate muscle tissue with high quality protein
Cell damage and inflammation	<b>Reinforce</b> your immune system with nutritious foods. (fruits, vegetables, whole grains, proteins etc)
Depletion of glycogen (Carbohydrates stored in muscle)	<b>Replenish</b> muscle glycogen storage with carbohydrates

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# Protein rich recovery foods:

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## 15 food options with 10 grams of protein:

- 2 small eggs
  - 300 ml cow's milk
  - 30 g cheese
  - 200 g yogurt
  - 35-50 g meat, fish or chicken
  - 4 slices bread
  - 150 ml fruit smoothie or liquid meal
  - 90 g breakfast cereal
  - 2 cups cooked pasta or 3 cups rice
  - 400 ml soy milk
  - 60 g nuts or seeds
  - 120 g tofu or soy meat
  - 150 g legumes or lentils
  - 200 g baked beans
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# The ultimate post-workout drink: CHOCOLATE MILK

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## 10 Benefits of chocolate low-fat milk for recovery:

1. Fluid and electrolytes for hydration
2. Protein source for muscle repair
3. Carbohydrate source to replenish energy stores for the next practice
4. Chocolate in the milk boosts the carbohydrate supplied to your muscles and liver
5. Lower cost than protein recovery shakes
6. Available at any convenient store
7. Quick and portable
8. For some athletes, it may be easier to tolerate a beverage versus food shortly after a workout
9. Replenishes necessary vitamins
10. It tastes great!

**For more information & healthy eating tips visit:**

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<http://www.admkids.com/page/show/944942-nutrition>

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