



Nutrition For Hockey

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5 STEP PLAN TO OPTIMAL NUTRITION

#1. Nutrient Timing

- Aim to eat every 3 hours and do not skip meals, especially breakfast
- Core meal (lunch or breakfast) before pre-training
- Snack before training + recovery meal or snack after training

#2. Balanced Meals

- Core Meals (B, L, D) = ¾ food groups, Snacks = 2/4 food groups
- 1 serving of carbs = 1-2 fists, 1 serving of protein = palm or deck of cards, 1 serving of fat = Teaspoon or Thumb

Macronutrients: Carbs, Proteins and fats

Carbohydrates (down to earth)	Protein (less legs)	Fats (plant sources)
<ul style="list-style-type: none"> ■ Fruits and vegetables with the skin on ■ Whole grain breads, bagels, pitas, tortillas ■ High fibre cereals and oatmeal ■ Whole wheat pasta ■ Brown rice, wild rice ■ Potatoes with skin ■ Beans/lentils 	<ul style="list-style-type: none"> ■ Fish and seafood ■ Lentils and beans (kidney, chick peas, black) ■ Tofu ■ Eggs ■ Chicken and Turkey ■ Lean cuts of meat (beef, pork, lamb) ■ Low fat milk and yogurt or soy 	<ul style="list-style-type: none"> ■ Olive oil, canola oil ■ Almonds, walnuts ■ Natural peanut butter ■ Sources of Omega 3 ■ Low fat salad dressings

#3. Hydration

Throughout the day: 3 – 4 Litres per day
 1-2 hours before training: 500 – 1000ml sport drink
 During: (3-4 large gulps per 15-20 mins)
 1-2 hours post training: 500 – 1000ml water

#4. Pre, During and Post training fueling

Pre-training snacks:

When: 1-2 hours before exercise

What: Easy to digest snack with high carb, mod protein, low fat + minimum of 500ml water.

Examples: Meal replacement bar + fruit, PB and Jam sandwich, Sport Drink + low fat granola bar, Meal replacement beverage (Boost, Ensure)

During: 150-350mls water or sports drink every 15-20 mins (3-4 large gulps)

Post-exercise:

When: Within one hour

What: Carbs, protein and minimum of 700ml water.

Examples: Lean meat sandwich + fruit and chocolate milk, Pasta with lean meat sauce + salad, Rice/pasta/bread + beef/chicken/fish/tuna + veggies/fruit, Meal replacement beverage – home made or commercial (Boost, Ensure)



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#5. 90/10 Rule:

- Aim for nutrition 90% of the time. Allow 10% for fun, at the appropriate times

Healthy eating at a restaurant:

TO DO	AVIOD
<ul style="list-style-type: none"> ■ Meals prepared with low-fat cooking methods: steaming, poaching, roasting, braising, baking, broiling, barbecuing, boiling ■ Tomatoes based sauces, broth based soups, low fat dressings ■ Whole grain options over white ■ Vegetables or fruit served as a side ■ All gravies, dressings, butter served on the side ■ Low fat dairy products (skim milk, low fat yogurt and low fat cheese) ■ Low fat desserts: fruit/fruit salad, fruit crisp, rice pudding, milk pudding, jello, angel food cake, ice cream/frozen yogurt/sherbet 	<ul style="list-style-type: none"> ■ Cream sauces, full fat dressings, mayonnaise or cream based soups ■ High fat meats with the skin on ■ Fried, au gratin, crispy, escaloped, pan-fried, sautéed or stuffed foods such as French fries, bacon, chicken fingers, dumplings ■ Excessive amounts of cheese within a dish ■ Overeating with a high fat dessert ■ Excessive alcohol consumption

#5b: REST!!

A good rest is half the work – *Proverb*

COMPETITION NUTRITION

Game times	Nutrition Goal	Nutrition Recommendations
Less than 30 mins	<ul style="list-style-type: none"> • Replenish carbs, protein and fluids • Small amount • Easy to digest foods (liquid foods) • AVOID high fat and fibre 	<ul style="list-style-type: none"> • Energy bar (w/ protein) or shake • Fruit + yogurt • Chocolate milk + fruit
1-2.0 hours	<ul style="list-style-type: none"> • Replenish carbs, protein and fluids • Medium amount • Easy to digest solid or liquid foods • AVOID high fat and fibre 	<ul style="list-style-type: none"> • PB and jelly sandwich + banana • Lean meat sandwich + fruit • Meal replacement bar/shake
2.5 hours or more	<ul style="list-style-type: none"> • Replenish carbs, fluids and protein • Larger amount • Easy to digest, familiar foods • AVOID high fat foods 	<ul style="list-style-type: none"> • Stir fry with lean meat and veggies • Pasta with tomato sauce + fruit • Meal replacement shake + fruit • Chicken burger + salad +non-fat dressing +granola bar