Nutrition For Hockey
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5 STEP PLAN TO OPTIMAL NUTRITION

#1. Nutrient Timing
- Aim to eat every 3 hours and do no 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

<table>
<thead>
<tr>
<th>Carbohydrates (down to earth)</th>
<th>Protein (less legs)</th>
<th>Fats (plant sources)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits and vegetables with the skin on</td>
<td>Fish and seafood</td>
<td>Olive oil, canola oil</td>
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<tr>
<td>Whole grain breads, bagels, pitas, tortillas</td>
<td>Lentils and beans (kidney, chick peas, black)</td>
<td>Almonds, walnuts</td>
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<tr>
<td>High fibre cereals and oatmeal</td>
<td>Tofu</td>
<td>Natural peanut butter</td>
</tr>
<tr>
<td>Whole wheat pasta</td>
<td>Eggs</td>
<td>Sources of Omega 3</td>
</tr>
<tr>
<td>Brown rice, wild rice</td>
<td>Chicken and Turkey</td>
<td>Low fat salad dressings</td>
</tr>
<tr>
<td>Potatoes with skin</td>
<td>Lean cuts of meat (beef, pork, lamb)</td>
<td></td>
</tr>
<tr>
<td>Beans/lentils</td>
<td>Low fat milk and yogurt or soy</td>
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#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)
#5. 90/10 Rule:
- Aim for nutrition 90% of the time. Allow 10% for fun, at the appropriate times

**Healthy eating at a restaurant:**

<table>
<thead>
<tr>
<th>TO DO</th>
<th>AVIOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals prepared with low-fat cooking methods: steaming, poaching, roasting, braising, baking, broiling, barbecuing, boiling</td>
<td>Cream sauces, full fat dressings, mayonnaise or cream based soups</td>
</tr>
<tr>
<td>Tomatoes based sauces, broth based soups, low fat dressings</td>
<td>High fat meats with the skin on</td>
</tr>
<tr>
<td>Whole grain options over white</td>
<td>Fried, au gratin, crispy, scalloped, pan-fried, sautéed or stuffed foods such as French fries, bacon, chicken fingers, dumplings</td>
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<tr>
<td>Vegetables or fruit served as a side</td>
<td>Excessive amounts of cheese within a dish</td>
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<tr>
<td>All gravies, dressings, butter served on the side</td>
<td>Overeating with a high fat dessert</td>
</tr>
<tr>
<td>Low fat dairy products (skim milk, low fat yogurt and low fat cheese)</td>
<td>Excessive alcohol consumption</td>
</tr>
<tr>
<td>Low fat desserts: fruit/fruit salad, fruit crisp, rice pudding, milk pudding, jello, angel food cake, ice cream/frozen yogurt/sherbet</td>
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</tbody>
</table>

#5b: REST!!
A good rest is half the work – *Proverb*

**COMPETITION NUTRITION**

<table>
<thead>
<tr>
<th>Game times</th>
<th>Nutrition Goal</th>
<th>Nutrition Recommendations</th>
</tr>
</thead>
</table>
| Less than 30 mins | • Replenish carbs, protein and fluids  
• Small amount  
• Easy to digest foods (liquid foods)  
• AVOID high fat and fibre | • Energy bar (w/ protein) or shake  
• Fruit + yogurt  
• Chocolate milk + fruit |
| 1-2.0 hours | • Replenish carbs, protein and fluids  
• Medium amount  
• Easy to digest solid or liquid foods  
• AVOID high fat and fibre | • PB and jelly sandwich + banana  
• Lean meat sandwich + fruit  
• Meal replacement bar/shake |
| 2.5 hours or more | • Replenish carbs, fluids and protein  
• Larger amount  
• Easy to digest, familiar foods  
• AVOID high fat foods | • Stir fry with lean meat and veggies  
• Pasta with tomato sauce + fruit  
• Meal replacement shake + fruit  
• Chicken burger + salad +non-fat dressing +granola bar |