

HOCKEY PLAYER QUICK NUTRITION GUIDE



Fueling well takes time, effort, and intentionality. Take your nutrition as seriously as you do the rest of your training and your hard work will pay off. On long days where you might have one or two practices or games, you need to make sure you start the day with a carbohydrate rich breakfast. Short on time? Pick something from the “Fast Breakfasts.” Even if you don’t feel hungry, eat something. Don’t train or start a game on an empty stomach. Similarly, plan your recovery so you rebuild glycogen stores and repair muscle groups in time for the next practice or game.

Fast Breakfasts (digests quickly for when you’re short on time)

Important Notes	Options Prepared at Home	Options on the Road
<p>Can be eaten 1-2 hours before exercise.</p> <p>Less than 10g of fat to aid digestion.</p> <p>Drink 2-4 cups (0.5-1L) fluid. (Any combination of fluids: water, juice, milk, sport drink, and tea counts)</p>	<ul style="list-style-type: none"> • Cereal and milk • Toast and peanut/almond butter • Egg whites and toast • Smoothie – fruit and yogurt • Homemade muffin and milk • Hot cereal: oats, instant oatmeal or cream of wheat • Bagel and light cream cheese or nut butter • Meal replacement drink such as Ensure[®] or Boost[®] 	<ul style="list-style-type: none"> • Bagel and light cream cheese or peanut/almond butter • Bars: granola, fruit or nut bars (avoid bars with >15g of protein this close to exercise) • Instant oatmeal or drive-thru oatmeal <p>Try to avoid heavy, high fat foods 1-2 hours before exercise.</p>

Slow Breakfasts (digests slower – best for when you have time in the morning to eat early)

Important Notes	Options Prepared at Home	Options on the Road
<p>Can be eaten 2-4 hours before exercise.</p> <p>Drink 2-4 cups (0.5-1L) fluid. (Any combination of fluids: water, juice, milk, sport drink, and tea counts)</p>	<ul style="list-style-type: none"> • Eggs and toast (can include ham if you have at least 3 hours pre-exercise) • Whole grain cereal and milk • Toast and peanut/almond butter • Yogurt, fruit and nuts • Whole grain pancakes, crepes or French toast, cottage cheese and fresh fruit • Oatmeal with egg whites stirred in at the last few minutes of cooking 	<ul style="list-style-type: none"> • Sports bars (most are okay if you have 3hr to digest them) • Egg whites to lower fat • Whole grain toast and fruit instead of hashbrowns • Ham instead of bacon or sausage • Breakfast sandwich with meat or cheese (ask for no butter on bun to lower fat) • Oatmeal, fruits, and nuts <p>Be aware of portion sizes and try to include whole grains and fruit.</p>

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Fast Recovery (when you have less than 8 hours between events)

Important Notes	Options Prepared at Home	Options on the Road
<p>Aim to take in about... Protein: 0.25g/kg BW Carbs: 1-1.5g/kg BW ...within 30 minutes of exercise and refuel again every 2 hours.</p> <p>Sugars are needed during and immediately after exercise.</p> <p>Replace sweat losses by drinking 2-3 cups of fluid for every pound lost.</p>	<ul style="list-style-type: none"> Chocolate milk Trail mix Sandwich and 100% juice Yogurt and fruit Smoothies – fruit & yogurt Bagel and cream cheese or nut butter Homemade muffin and milk Cheese/crackers and juice Cereal and milk Cottage cheese and fruit Applesauce and nuts Cookies and milk 	<ul style="list-style-type: none"> Commercial recovery shakes Chocolate milk Sports bars Granola bars, nuts and juice Smoothies or shakes Sub sandwich & milk/juice Whole grain pizza with light toppings (easy cheese, tomato sauce base, veggies, skinless chicken/lean meat) <p>Don't be afraid of sugars after exercise! They aid in fast delivery of nutrients to the muscle.</p>

Slow Recovery Options (when you have greater than 8 hours between events)

Important Notes	Options Prepared at Home	Options on the Road
<p>When you have more than 8 hours between practices or events:</p> <p>Aim to take in about... Protein: 0.25g/kg BW Carbs: 1-1.5g/kg BW ...within the first few hours of ending practice or your event.</p> <p>Replace sweat losses by drinking 2-3 cups of fluid for every pound lost.</p>	<p>Any homemade meal or snack with a source of protein and a good source of carbohydrate, such as:</p> <ul style="list-style-type: none"> Tuna pasta salad Eggs, toast and 100% juice Cottage cheese and fruit Baked beans and toast Feta cheese and watermelon Sardines sand toast Teriyaki stir-fry with meat and rice etc. 	<p>Any meal that contains a source of protein and a good source of carbohydrate, such as:</p> <ul style="list-style-type: none"> Whole wheat pasta or brown rice with fish or lean meat and vegetables Skinless chicken or turkey burger on whole grain bun (no butter) and side salad Whole grain pizza, sandwich or sub w/ lean protein and veggies. <p>Choose milk or water at meals.</p>

Reference: <http://www.gssiweb.org/>



Angel Luk, BSc, Registered Dietitian, is the author of "You Can't Out-Train a Bad Diet - The Simplest Guidebook in Performance Nutrition for Every Athlete" due to be published in 2016. Since joining the Richmond Olympic Oval in 2014, Angel has worked with athletes at the community, provincial, and national level through individual nutrition consultations, small group education sessions, team cooking workshops and seminar style presentations.