



With the upcoming season fast approaching, coaches and parents need to pay special attention to what their players or sons/daughters eat/drink before and after games and practices. Nutrition before and immediately after workouts, practices, and games is essential in terms of readiness and recovery, especially during the season when games are back to back (Saturday-Sunday). This is further magnified when you are involved in tournaments that have your players/son/daughter play several games in one day. Follow the guidelines that Dynamic Sports Performance has outlined below so you can maximize your players'/son/daughter's energy levels before activity and their recovery following games, practices, or off-ice workouts.

Pre-Game/Practice Snack

You want to eat nutritious sources of carbohydrate and protein 1-2 hours before activity. However, the ingestion of carbohydrate must not come from a poor sugar source such as a candy bar or soft drink. Ingest a piece of fruit such as an apple or a pear with some form of high quality protein such as a glass of milk. Another alternative would be to eat a whole grain bagel with some peanut butter on it. Wash it down with a glass of milk 90 minutes before activity and you'll have the energy needed to sustain you through the game, practice, or workout (provided you haven't skipped one of your "big 3" meals earlier in the day). Avoid eating poor nutritious sources immediately before activity. This can play havoc with insulin levels and thus feelings of fatigue and lethargy.

Good Examples:

- 1) Powerbar and glass of lowfat chocolate milk
- 2) Lowfat fruit yogurt and pear or apple w/peanut butter
- 3) Bagel with peanut butter and a glass of low fat milk

Poor Examples:

- 1) Blueberry muffin and a Coke
- 2) Bagel with nothing on it and some water
- 3) A piece of pizza and a Pepsi

If the only time you have to eat is 3-4 hours before activity, for example lunch or dinner, then eat more at that pre-game/practice meal. Eat 3-4 grams of carbohydrate/lb bodyweight during this meal along with high quality lean proteins (lean red meat, pork, chicken, or fish).

Examples:

- 1) Large sub sandwich with lean meat, bowl of soup (clear broth), Juice & Frozen Yogurt
- 2) Pasta with chicken and mixed green vegetables, glass of milk, and a banana

Post Game/Practice Snack/M meal

The timing of carbohydrate/protein ingestion has a profound affect on recovery from your games and practices especially when the games are back to back or even on the same day in some instances. In a recent study, it was found that ingesting 1 gram of carbohydrate/kg of bodyweight with 0.3 grams of protein immediately following a weight training workout resulted in accelerated protein synthesis (muscle building).

When you work hard during vigorous activity, you burn a muscle fuel called glycogen. The only way to get your muscles refueled with glycogen is by ingesting carbohydrates. However, what is even more important than the type of food you eat following activity is the timing of it. There is a small window of opportunity in which nutrition plays a significant role in recovery from exercise. This window could be as little as 30 minutes. As a result, as soon as possible following exercise, ingest 0.5 grams of carbohydrate/lb and some high quality protein. The protein will actually help not only in enhancing muscle glycogen recovery, but also in helping rebuild muscle. About a 1:4 protein to carbohydrate ratio is ideal for all concerned.

Don't forget to eat a highly nutritious meal 1-2 hours after your post exercise meal.

- 1) Eat 0.5 grams of carbohydrate/lb bodyweight within 15 minutes of the completion of your workout.
- 2) Eat the same amount of carbohydrates 1-2 hours later. Example: chicken breast, baked potato vegetable or salad, 1 – 2 rolls and water.
- 3) Do not drink or eat anything that is fructose-based immediately following your workouts (e.g. orange juice). Instead eat bagels, potatoes, and gatorade.

4) Be sure to consume sodium-laden foods such as soups and sauces or salt your food in an effort to replace the sodium lost through profuse sweating.

Top Choices For Different Food Groups:

FRUITS

(foods ranked by adding up % of daily value of carotenoids, fiber and 5 nutrients: folate, potassium, iron, calcium, and vitamin C)

1. Guava
2. Watermelon
3. Grapefruit
4. Kiwifruit
5. Papaya
6. Cantaloupe
7. Apricots, dried
8. Orange
9. Strawberries
10. Apricots

Honorable Mention:

1. Peaches
2. Honeydew
3. Blueberries
4. Banana
5. Grapes

VEGETABLES:

(foods ranked by adding up % daily value for carotenoids, fiber, and 5 nutrients: vitamin C, folate, potassium, calcium, and iron)

1. Collard greens
1. Collard greens
2. Spinach
3. Kale
4. Swiss chard
5. Red pepper
6. Sweet potato
7. Pumpkin
8. Carrots

GRAINS

(foods ranked by adding up % daily value of fiber and 5 nutrients: zinc, vitamin B6, copper, iron, and magnesium)

1. Potato, with skin
2. Quinoa
3. Macaroni or spaghetti, whole wheat
4. Amaranth
5. Buckwheat groats
6. Spaghetti, spinach
7. Bulgur
8. Wild rice
9. Brown rice
10. Triticale

Honorable Mention:

1. Wheat berries
2. Macaroni
3. Kamut
4. Oats, rolled
5. Spelt

MEAT & POULTRY:

(Foods ranked from lowest to highest based on saturated fat and total fat grams)

1. Turkey breast
1. Turkey breast
2. Chicken breast
3. Turkey wing
4. Veal leg, top round
5. Beef eye of round (Select)
6. Chicken drumstick
7. Beef top round (Select)
8. Pork tenderloin

9. Broccoli

10. Okra

9. Pork sirloin, boneless

10. Chicken breast, with skin

Honorable Mention:

1. Lettuce, cos or romaine, raw

2. Potato, baked, with skin

3. Squash, raw

4. Green pepper

5. Mixed vegetables, frozen

Honorable Mention:

1. Veal shoulder, arm

2. Chicken wing, no skin

3. Veal sirloin

4. Lamb shank

5. Beef top sirloin (Select)

CEREALS:

(Cereals are ranked from most to least fiber. Look for the first flour listed in the ingredients of the cereal to contain a whole grain or bran)

1. Kellogg's All-Bran w/Extra Fiber

2. General Mills Fiber One

3. Kellogg's Bran Buds

4. Kellogg's All-Bran *

5. Nabisco Shredded Wheat'n Bran *

6. Nabisco 100% Bran

7. Post Raisin Bran

8. Quaker Shredded Wheat *

9. Healthy Valley 100% Natural Bran *

10. Quaker Oat Bran

Honorable Mention:

1. Kellogg's Raisin Bran

2. Post Bran Flakes *

3. New Morning Raisin Bran *

4. Nabisco Shredded Wheat *

5. Post Grape Nuts *

*denotes the cereal to have a whole grain or bran listed as the first flour or grain in their ingredients.

JUICES

If oranges or other great fruit choices are not your "cup of tea" in the morning, make sure to consume the best juice, i.e., one containing the highest amount of vitamin C and other nutrients such as calcium and vitamin E. Note that orange juice is better than grapefruit juice, which is better than pineapple juice, which is better than prune juice, which is better than apple juice, which, finally, is better than grape juice. Listed below are the most nutritious juices made from 100% juice and ranked from most to least vitamin C.

100% JUICE:

1. Minute Maid Premium with Extra Vitamins C and E Plus Zinc

2. Tropicana Pure Premium Orange with Vitamin E and Double Vitamin C

3. Tropicana Season's Best Orange with Double Vitamin C

4. Tropicana Pure Premium Orange with Calcium and Vitamin C

5. Florida's Natural Orange with Calcium and Vitamin C

6. Tropicana Pure Premium Ruby Red Grapefruit with Calcium

7. Florida's Natural Ruby Red Grapefruit with Calcium and Vitamin C

8. Orange juice, unfortified, any brand, canned, chilled, or frozen

9. Naked Smoothie Strawberry Banana

10. Grapefruit juice, unfortified, any brand, canned, chilled, or frozen

POOR JUICE CHOICES:

1. Five Alive (only 42% juice, no vitamin C)
2. Hi-C (only 10% juice, 100% daily value of vitamin C)
3. Fruitopia (5% juice, 100% daily value of vitamin C)
4. Hawaiian Punch (5% juice, 100% daily value of vitamin C)
5. Sunny Delight (5% juice, 75% daily value of vitamin C)

Hockey Nutrition Plan

By Lyndsay Foisey, Kineseologist

If you could take your game to the next level, you would, right? Well, you can-by eating the right foods everyday. That's how important your daily DIET is! What you put in your mouth affects you DIRECTLY - that includes on the ice, and in your daily activities. To be the best, you have to eat like the best!

Everyday eating

When you don't have practice or a game, you're refueling your body and building up energy for the next practice/game.

CARBOHYDRATES are your fuel!

Try to have **2 servings with every meal**, and **1 serving between meals**:

Body weight /lbs Serving / day

150-160 8-9 (436g)
160-170 9-10 (463g)
170-180 10-11(490g)
180-190 11-12(518g)
190-200 12-13(545g)

Examples:

- 1 bagel= 2 servings
- 1 slice of bread= 1 serving
- 1 bun= 2 serving
- 1 bowl of cereal= 1 serving
- ***(good choices: granola, vector, cornflakes, mini wheats, maple crunch)
- 1 bowl of rice= 2 servings
- 1 pita= 2 servings
- 1 bowl of pasta= 2 servings
- 1 granola/cereal bar= 1 serving
- 1 muffin= 1 serving
- 1 baked potato= 1 serving
- Fruit can count as carbs too! 1 piece=1 serving
- 1 handful of grapes=1 serving
- 1 cup of 100% pure juice=1 serving
- ***Try to get at least 6 servings of fruit and vegetables in your diet***

PROTEIN is the building blocks for your muscles!

After a workout , your muscles need to rebuild themselves so they can ready for the next workout. It's great for snacks, too! Have **1-2 servings** with every meal.

Body weight /lbs Serving / day

160-170 **4-6** (154g)
170-180 **5-6** (163g)
180-190 **5-7** (173g)
190-200 **6-8** (182g)

Examples:

- Steak, Roast beef, chicken breast, fish, pork chops= 1 serving (size of your palm)
- 1 bowl of beans= 1 serving
- 1 handful of peanuts= 1 serving
- 1 handful of trail mix= 1/2 serving
- 1 handful of pumpkin seeds= 2 SERVINGS!!!
- ½ salmon fillet= 2 servings
- 1 can of tuna= 2 servings
- 1 large glass of milk= 1 serving
- 2 slice of cheese= 1/2 serving
- 1 protein bar= 1 servings
- 1 scoop of protein powder= 1 serving

***Protein shakes are a great afternoon snack. Mix 1-2 scoops of protein powder, 1 cup of milk, 1 banana or strawberries(or the fruit of your choice), 1 spoon of honey, and 1 package of Nestle's Instant Breakfast in a blender. Add your own ingredients to be creative!

And last (but not least!): WATER

This is just as important as Carbs, Protein, and Fat. Water is in every cell of your body. You can only live 3-4 days without water! When exercising, we lose lots of water by sweating. To keep our body functioning properly, you need to keep refilling your tank before you get dehydrated. If you feel thirsty, that's usually a sign that you're already dehydrated!

- Try for 2 liters each day. *****This is NOT including the amount you drink while exercising!*****
- You can easily get into the habit of drinking this much by trying to carrying a water bottle with you everywhere you go. You can usually get some water from other fluids(juice, milk, sports drinks), and some foods. As long as it's not stuff with caffeine in it(coffee, coke, red bull).

GAME DAY EATING

2-4 hours BEFORE game time:

- **3-4 servings** of carbohydrates, **1 serving** of protein. Add on 1 serving of Carbs and 0.5g of protein for every extra 10 lbs.
- Pasta, bread, bagels, rice, sports drinks, juice are all great ideas for Carbs. Try not to have anything fatty or really sweet(French fries, burgers, cake, chocolate or treats...you get the idea). They won't help you-only in bringing your energy down.
- 1 sports drink bottle=2 servings of Carbs
- Put the leftovers in the fridge for when you get home from the game.

Less than 1-1.5 hour before game time:

- At this point, sports drinks are probably the best bet. Have about 1/2 bottle.

Right before and during the game:

- Sports drinks mixed with water are good. Try to have 1/3 bottle every 20 minutes. This may be difficult at first, but try it out during practice first (if you're not used to drinking that much). This is the optimal amount of water and carbohydrates-it keeps your body in top form throughout the game!

IMMEDIATELY after game (within ½ hour off the ice):

- Believe it or not, what you do at this point (30mins-2 hours after game) will affect your performance in the NEXT GAME OR PRACTICE!!!! This is especially critical for tournaments. Have another bottle of sports drink.

1-2 hours off the ice:

- When you get home, try to have a plate of food ready. 30 minutes-2 hours after the game is the best time for your body to refuel. After the 2 hour mark, your body can't completely restore all the energy you burned on the ice.
- A big plate of pasta & sauce with 2 servings of protein and a

protein shake are great ideas.

Junk Food:

· A bag of chips or a chocolate bar is okay to have once in a while (ie.: a couple times a week). BUT, on game day, this is a **BAD** idea. It's 'empty food'-all it has is LOTS and LOTS of sugar and fat. (Fat is very important, but you can usually count on getting this nutrient with anything you eat. Just don't eat in excess, like eating burgers and fries everyday of the week.) This will only succeed in draining all your energy, and throw all the hard work you put into eating right out the window.