

**Nutrition Guidelines**  
**St. Cloud Youth Hockey**  
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Overview:

1. Eat a balanced diet, things from all of the food groups  
Grains, Fruit, Vegetables, Milk, Meat, Fats
2. Carbohydrates and Water...two of the most important nutrients for athletes
  - A. Half of all the food you eat should come from carbohydrate type food. Carbohydrates give your body the best energy for sports.
  - B. Water or Gatorade, power aid, etc. should be available at all practices and games. The goal is to stay hydrated.

The player should be drinking water, milk, juice, etc. during the day at school and trying to drink before and after practices/games to maintain good fluid balance.

Dehydration, even just slightly, will decrease the ability to play.

Try to avoid large amount of caffeine prior to games, practices.

3. Always have a snack prior to practices and games if it has been awhile since you have eaten.  
Try to keep these snacks lower in fat and higher in Carbohydrate, so that the food does not sit in the stomach all during the game/practice.
4. If you have to eat fast food prior to games/practices...try for the lower fat options...  
Subway...go easy on the mayo, etc.  
Plain hamburgers/cheeseburgers  
Chicken breast sandwiches, not breaded, without all the mayo on them  
Milk/chocolate milk  
French fries (actually lower in fat than many of the big sloppy burgers)  
Roast beef  
cheese pizza

Avoid, big sloppy burgers

Lots of spicy food

Breaded fish patties and chicken patties...very high in fat

Try to avoid lots of candy, pop, and chips prior to practice/games

5. Always have a snack and drink following practice/games

There is a 30–60 minute window in which your body is more able to replenish the muscles and repair them. If you eat within this time (preferably within the first 30 min), your muscles will recover much faster and more completely, for the next practice/game.

\*\*\*\*\* This becomes very important at tournaments when there are two games in one day. In order to recover quickly, the body must eat and drink within that 30–60 minute time frame to replenish muscle glycogen (storage form of Carbohydrate in the muscle).

If you eat and rest, you will see much better recovery of muscle speed, strength, and stamina for the next game.

The athlete should eat at least 300–400 calories and drink at least 12–16 ounces of non-caffeinated beverage at this recovery meal.

High Carbohydrate Ideas for meals, snacks, pre and post game fueling:

Bread	gatorade
cold cereal	power aid
Juice	pasta
Toast	frozen yogurt
Bagels	rice
English muffins	low fat crackers
Yogurt	potatoes
Milk	milk shakes
Fruit	fruit smoothies
Hot cereals	popcorn
Pretzels	hot cereal
Fig newtons	dried fruit
Granola bars	
Muffin bars	
Breakfast squares	
Breakfast cookies	
Poptarts	
Tortillas with cheese	
Peanut butter and jelly sandwich	
Egg sandwich	
low fat crackers	
Ovaltine	
Graham crackers	

