

# GET BETTER

POWERED BY



## PERFORMANCE NUTRITION

A hockey player's diet is a critical link in the performance chain. It directly impacts energy levels available during exercise, mental and physical response to exercise, recovery capabilities after exercise, and immune function at all times. High-level performance requires that nutrition be a consistent priority. Completing the Performance Checklist & give yourself one point for each question you answer 'yes' to:

- 1. Do you eat breakfast 7 days a week?
- 2. Do you eat foods from at least 3 different food groups at breakfast?
- 3. Do you eat 3 balanced meals at approximately the same time each day?
- 4. Do you eat a nutritious mid-morning and mid-afternoon snack?
- 5. Do you eat at least 2 pieces of fresh fruit each day?
- 6. Do you eat at least 3 servings of fresh vegetables each day?
- 7. Do you choose primarily high fiber breads and cereals?
- 8. Do you eat lean &/or low-fat protein at each meal?
- 9. Do you limit your intake of saturated fat (found in meats, cheeses, dairy products, butter, egg yolks)?
- 10. Do you eat at least 2 servings of "good fat" each day- found in nuts, seeds, extra virgin olive oil, olives, avocados and fish?
- 11. Do you limit your intake of processed and refined foods (foods made from white flour, foods high in sugar and sodium, packaged foods)?
- 12. Do you eat and drink adequately to maintain your bodyweight (this should be your goal unless you are on a fat loss or weight gain program)?
- 13. Do you eat a post-workout or post-practice snack within 30 minutes?
- 14. Do you eat a healthy post-workout or post-practice meal within 2 hours?
- 15. Do you drink half your bodyweight in ounces of water each day (not including fluid intake during exercise)?
- 16. Do you sleep at least 7-8 hours each night?
- 17. Do you go to bed at approximately the same time each night and get up at approximately the same time each morning?
- 18. Do you take a multivitamin that is rich in the antioxidant nutrients twice each day?

SCORING:

**15-18:** Performing Like A Champ!

**9-14:** Losing an Edge!

**< 9:** Missing Out - Big Time

Source:



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