

Surviving & Thriving During the Hockey Season Northstars NUTRITION TIPS FOR SUCCESS!

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- 1. **EAT OFTEN** – every 3 hours, throughout the day, so you're energized when you hit the ice. Also prevents you from losing muscle/weight throughout the day. Include a protein-rich evening snack to gain muscle.*
- 2. **Keep HYDRATED All Day Long (2+ Litres)** – you can't work hard in a game or practice if you show up to the rink already dehydrated before you skate!*
- 3. **Eat your PRE-GAME MEAL 2 to 3 Hours** before your game (refer to Pre-Game ideas).*
- 4. **BRING Recovery Nutrition** (to practices and games – if not provided); your most important nutrition of the day is what you have within minutes **AFTER** ice time (refer to Post-Game ideas)!*
- 5. **Monitor your growth and development** by checking your **WEIGHT** weekly and height every 1 or 2 months. Not gaining weight and/or losing weight are signs that you're not eating enough to support your hockey requirements & growth!*
- 6. **LISTEN** to your Body, the following symptoms can indicate that you need to eat **BETTER**: muscle and/or stomach cramps, premature/early fatigue (overheating, high heart rate, muscles burning), "empty" or "heavy" muscle sensation, weight loss or weight maintenance, inconsistent performances in practices & in games, mood swings, lack focus, get sick (e.g. colds) often, constipation*

Pre-Game Nutrition

Allow 3 hours for a large meal, 2 hours for a small meal – before games. Include ample carbs, some protein and keep it low in fat for easy digestion. Spicy foods may not “sit well”; Energy drinks/pop/slurpees, etc. make you – crash and burn; turkey can make you sleepy. Include at least 500 ml of water or juice, sports drinks are fine (they have ½ as much sugar as juice). Example Pre-Game Meals:

1. Six or 12 inch roast beef whole wheat sub with cheese, loaded with veggies and only one sauce; include a beverage.
2. Chicken, steamed rice, stir fry or steamed vegetables, bun, beverage
3. Pasta with tomato meat sauce or lean meatballs, salad, bun, beverage
4. Baked salmon with homemade oven roasted potato (or sweet potato) wedges, raw veggies or salad, bun, beverage
5. Beef on a bun, juice, veggies or fruit
6. Chicken wrap or pita sandwich, yogurt, fruit
7. Pasta salad with lots of veggies and include cubes of ham & cheese OR diced chicken OR fish
8. Possibly lasagna or another baked Italian dish (cannelloni, manicotti, etc.) if use low-fat (20% M.F.) cheese + add salad

Nutrition During Games

- Reach for sips of water between shifts as a regular routine – don’t just spit it out!
- During flood breaks get quick energy restored with a banana, orange wedges, grapes, granola bar, bites of a bagel, cheesestring, etc – not a picnic, just nibble!
- Sports drink will hydrate better than water and they replenish sodium lost it sweat
- Chocolate / flavoured milks are too heavy to consume during games; they work for recovery!

Post-Game Nutrition

After games/practices you’ll need to restore energy (carbs), rehydrate (fluids), repair muscle (protein) & replenish electrolytes – sodium, potassium. Timing is critical, especially the first 30 minutes after games & practices; so bring your recovery nutrition to the rink – you’ll need more than just a sports drink! Ideally you need 3:1 carbs to protein, such as the following examples:

1. Sports drink, protein bar, plus maybe a banana
2. BOOST or Ensure High Protein drink, protein bar, water
3. Peanut butter sandwich, fruit, water
4. Smoothie containing whey protein
5. Commercial recovery drink: e.g. Endurox R4™, Ultragen™, or Whey isolate mixed with sports drink