

Optimal Nutrition Guide

Performance Hockey Athletes

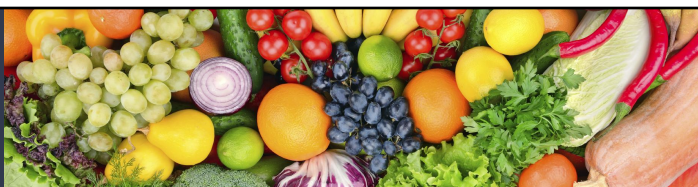
**ESTEEM
FITNESS
TRAINING**

Outline:

- Importance of carbohydrates
- Pre-practice exercise fuel
- Tournament fuel
- Post exercise fuel
- Hydration
- Preparation
 - Travel
- Conclusion
 - Sleep/rest



FOOD IS FUEL



Developing good nutritional habits at a young age is the most effective method to reach elite performance while setting up for future healthful success

Food not only affects the physical body but also the mind

Macronutrients (carbs, protein, and fat) should increase/decrease depending on:

- Duration, intensity, and time of exercise
- Individual's personal fitness level

Eating a variety of food allows for vitamin and mineral balance leading to optimal health

Carbohydrates: The Master Fuel

WHY?

- Most effectively broken-down and metabolized form of energy
- Increases endurance performance
- Decreases chronic fatigue
- Prevents DOMS (Delayed Onset Muscle Soreness)
- Ideally **60-70%** of athlete's daily food should come from CHO (increase CHO consumption with increased activity)

[GOOD CARBS] *complex carbs are healthy!*



Carb Types:

Glycemic Index: how fast the body converts CHOs into glucose for energy

High-glycemic = quick energy

***Best consumed closer to start of game/practice and during games/practice**

- White potatoes, white rice, white breads, sugary cereals, sugary beverages, some fruits (pineapple, mango, grapes)

Low-glycemic = satiating/keep you full and energized longer

***Best to be consumed throughout day**

- Oatmeal, whole grains, nuts, legumes, non-starchy vegetables, plain yogurt, some fruits (bananas, blueberries, strawberries)
- Good post workout fuel

Before Practice/Games:

- Keeps athletes from feeling hungry/tired
- Helps maintain optimal levels of energy for muscles
- High CHO, non-greasy, readily digestible nutrient dense foods
- Eat a well balanced, filling meal 2-4 hours before event
- Eat higher glycemic foods 30min-1 hour before event (examples on next page)
- Add small amounts of protein to aid in regulating energy levels by slowing CHO absorption

Between Tournament Game Fuel

Eat **easily digestible foods** (low in fat and protein- fat and protein are more important post-exercise)

Snacks quickly replenish lost electrolytes and other nutrients (good to eat right before exercise too)

- Fluids: coconut water, gatorade
- Chews
- Bars
- GU
- PowerGel
- Applesauce
- Berries, bananas
- Dried fruit
- Honey

Balanced meals:

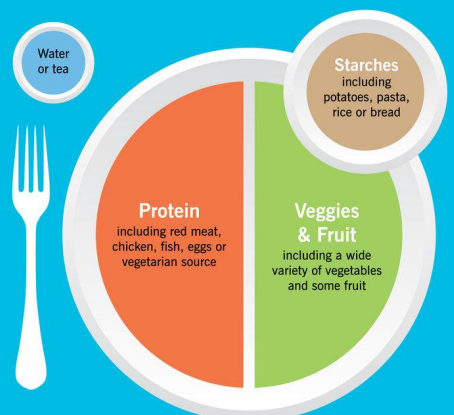
- Multigrain bagel with nut butter, cream cheese or avocado and some fruit (high in CHOs, healthy fats, vitamins and minerals)
- Oatmeal with fruit
- Pasta salad that contains vegetables
- Low-fat yogurt with granola and a peanut butter sandwich
- Sub sandwich that contains lean meats and vegetables

Post Exercise

- Consume within 30 minutes to 1 hour for greatest effects
- Increase amount of food depending on intensity and length of exercise
- **Protein** supports growth and repair of muscles
 - baked/grilled chicken, eggs, lean meats, fish, milk
- Mixed colorful vegetables!
- Healthy Carbs
- Minimal healthy fats
 - Avocado, nuts, olive oil, coconut oil, seeds

Post Workout Meal

Your first meal after an intense workout



- Eat your largest meal of the day after exercise.
- Eat more vegetables than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

Fluids + Electrolytes

- Drink half of body weight in oz of water throughout a typical day (adjust for the day's activity level)
- **General guideline:**
 - Drink roughly 16 oz pre, during and post exercise in addition to amount needed on a daily basis
 - During game/practice it is important to replenish electrolytes (gatorade, vitamin water) but plain water/lemon water should be the focus

HYDRATION TIPS

BYOB
When Running Summer Errands, Bring Your Own Bottle. Even Better Get One With A Cool Pattern!



Drink Up
Water Helps Your Body Run Smoothly!



No Soda, Thanks.



Eat It Up
Foods Like Watermelon, Oranges, And Strawberries Can Help You Keep Up With Your Daily Hydration Needs!



Listen to Your Body
Pay Attention to Your Body! If you are feeling dizzy, weak or nauseous, your body is running on empty!




Recognizing Dehydration

- Dry lips and tongue
- Sunken eyes
- Bright colored or dark urine, or urine with a strong odor
- Infrequent urination
- Small volume of urine
- Apathy or lack of energy
- Irritability
- Sudden decline in performance

Are You Drinking Enough Water ?


DRINK AT LEAST 8 GLASSES DAILY, OR 1 CUP FOR EVERY 25 POUNDS OF BODY WEIGHT!

BEDTIME




2 GLASSES

MORNING












2-3 GLASSES

2-3 HOUR



2-3 GLASSES

WATER INFOGRAPHIC

 MUSCLE 75% WATER	 BLOOD 83% WATER
 BRAIN 75% WATER	 LUNGS 86% WATER
 INTESTINE 73% WATER	 KIDNEYS 83% WATER
 HEART 75% WATER	 LIVER 86% WATER
 STOMACH 73% WATER	 BONE 22% WATER

Preparation Tips

IMPORTANT:

- **The transition period into a healthier lifestyle can be difficult but well worth the long-term benefits- power through in order to create a healthy family**
- Adults set the tone for young athletes- If you want your kids to live long, healthy and successful lifestyles remember that they learn from you
- Make grocery lists
 - Whole foods > processed foods
 - Try new foods as a family and try different ways of preparing foods
 - Vegetables can be hidden in eggs, pastas, stir fries
- Pack foods > relying on fast food/gas stations/concession stands

Conclusion

- Eat to FUEL
- Prepare
- Family oriented planning
- Carbs are good
- Introduce different veggies
- Eliminate processed foods as much as possible
- Stay hydrated (always carry a reusable water bottle!)
- REST + SLEEP