

Pro Stock Hockey's Game Day Nutrition Guidelines



BREAKFAST

Option 1:

- 1 whole grain bagel
- ½ cup strawberries
- 1-2 cups of milk*

OR

Option 2:

- 2 egg omelet w/2 slices of toast
- 1 banana
- 1-2 cups of milk

Other acceptable breakfast options:

Oatmeal, whole grain cereals, blueberry muffins, fresh fruit and more!

**Don't like drinking milk with breakfast? Substitute with 1-2 cups of fresh fruit juice or water, but make sure to get some protein from another source! (Eggs, cheese, yogurt, etc.)*

Purpose:

- Breakfast is the most important meal of the day!
 - A balanced breakfast helps jump-start your brain.
- Your body's fuel tank needs to be replenished after a night's sleep.
- Early efforts to hydrate will allow your body to properly function throughout the day.

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LUNCH

MEAL OPTIONS

Option 1:

- Sandwich
 - 2 slices of whole wheat bread
 - 60g of low-sodium lunch or peanut butter and jelly
 - Add lettuce, tomato, mustard and/or mayonnaise (easy on the mayo!)
 - Tossed vegetable salad — no dressing
 - 1 apple
 - 1-2 cups of milk
 - 2 cookies

Option 2:

- Tacos
 - Whole grain tortilla
 - Ground meat (lean)
 - Lettuce, tomatoes, cheese
 - ½ cup rice
 - 1 cup of carrots, broccoli or green beans
 - 1 orange
 - 1-2 cups milk

Other acceptable lunch options:

Grilled chicken breast, spaghetti w/tomato sauce, smoked salmon and more!

Purpose:

- Lunch should be your last big meal before a game.
 - Try to eat lunch at least 3 hours before a game.
- Eating a variety of food options provides your body with a good mix of carbohydrates, protein and some fat.
 - These nutrients not only aid in the growth of young hockey players, but they can also help improve decision-making and overall play on the ice!
- Staying hydrated becomes increasingly more important the closer it gets to game time!

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SNACK — 2 HOURS PRIOR TO GAME TIME

MEAL OPTIONS

Pick one or two of the following options:

- Crackers w/peanut butter or cheese
- Granola/cereal bar
- Pasta
- Rice
- Bagel
- Fresh fruit
- Fresh fruit juice

Make sure to keep hydrated! Drink 2 cups of water with this snack!

Avoid:

- Foods high in fat, protein and fiber
- These foods take longer for the body to digest and may cause gastrointestinal distress during competition that could negatively affect performance.

Other acceptable snacks options:

Trail mix, plain biscuits, raisins, baked potato, yogurt and more!

Purpose:

- Take this time to properly fuel and hydrate your body prior to competition.
- Consume high-carb, low-fat foods that are easily digested to provide your body with the optimal amount of energy from carbs.

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SNACK — 1 HOUR PRIOR TO GAME TIME

MEAL OPTIONS

Pick one of the following options:

- ½ cup fresh fruit
- ½ cup yogurt
- 1 cup milk
- ½ bottle of sports drink

Avoid:

- Simple carbs and fatty fried foods (chocolate, sugar, French fries, etc.)
- Carbonated and/or caffeinated beverage

Other acceptable snack options:

Water/sports drink mix, crackers, sports bar and more!

Purpose:

- This is the last chance to hydrate and provide your body with the fuel needed to compete at its highest level.
- Avoiding simple carbs and fatty fried foods reduces the risk of your body crashing after an energy spike.
- Consuming easily digestible food at this time allows for more blood to be distributed to your muscles (less blood needs to be sent to the digestive tract).

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POSTGAME SNACK (< 30 MIN AFTER)

MEAL OPTIONS

Pick one of the following drink options:*

- Sports drink
- Sports drink/water mix
- Water
- Chocolate milk
- Fruit juice

Pick one of the following food options:

- Fresh fruit
- Oatmeal
- Crackers w/peanut butter or cheese
- Peanut butter and jelly sandwich
- Peanuts

Other acceptable snack options (drink and food):

Fruit smoothie, drinkable yogurt, cereal w/milk (whole grain options), almonds/mixed nuts and more!

**It is extremely important to fully rehydrate after a game. Drink water until you no longer feel thirsty... then drink a little more!*

Purpose:

- The steps you take to recover immediately following a game will affect your performance in the next game.
- It's extremely important to replenish the fluids lost while competing.
- Consuming carbs and protein 30 minutes after competition helps your body efficiently recover and repair muscles.

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POSTGAME MEAL

MEAL OPTIONS

Option 1:

- Grilled chicken
- Bread roll(s)
- Steamed vegetables
- Rice
- Fresh fruit salad
- 1-2 cups of milk

OR

Option 2:

- Steak
- Baked potato
- Tossed vegetable salad — no dressing
- Fresh fruit
- 1-2 cups of milk

Other acceptable postgame meal options:

Fish, lean meats, tofu, biscuits, pasta/noodles, quinoa, carrots, asparagus, blueberries, mandarin oranges and more!

Purpose:

- A well-balanced meal following competition will provide your body with the best opportunity to replenish the essential nutrients needed for growth and development.
- Eating 30 minutes to 2 hours after competing is crucial!
 - After 2 hours, your body won't be able to completely restore all of the energy that was burned while competing!