

PowerFuel ~ Nutrition for Hockey Players

FUEL – Food is fuel for the body and that winning performance depends on ingesting optimal fuel. But unlike the fancy synthetic fuel required for a race car, a healthy body depends on simple, natural fuel – fruits, vegetables, and whole grains. Stock up on healthy foods, such as berries, grapes, raw carrots, bananas, yogurt, PB&J, oatmeal raisin cookies, trail mix, etc. NEVER skip breakfast!!! Eat healthy carbs one to three hours before hitting the ice. DID YOU KNOW... that fried and sugary foods – can deter the body's performance?!?

HYDRATE – Optimal performance also depends on a reliable cooling system. Like engine applications, an athlete's body temperature is regulated with water. It is critical that hockey players understand that when they feel thirsty, they are already dehydrated!!! Therefore, you must learn to schedule fluid intake regularly throughout the day, rather than waiting until they're thirsty to grab something to drink.

Athlete's should drink fluids a few hours before an event (16 oz), during an event (sips after every shift) and following an event (24 oz). Get in the habit of carrying something to drink with you all day. If you don't want to drink water... juice or Gatorade are fine but please exercise caution with energy drinks, ensuring the ingredients do not include caffeine or sugar.

RECOVER – Muscles are strained during athletic activity. Not fueling and re-hydrating the body within two hours following athletic activity will impair muscle recovery. Because hockey players' muscles are growing as well as recovering from the strain of playing hockey, it is especially important to ensure that they are nourished with carbs and fluids within two hours after getting off the ice. Ideally, you should eat a healthy snack and intake fluids within a half hour.

- Remember that chocolate milk is an excellent source of fluid, carbs and protein following a practice or game.

REFUEL

got chocolate milk?™

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Choose carbohydrate-rich foods as your best energy fuel. The following foods are chock full of carbohydrates:

- Breads & Cereals (toast, crackers, granola bars, cereal)
- Vegetables & Fruit (dried fruit, fruit salad, vegetable soup and salads)
- Legumes (chick peas, lentils, kidney beans, hummus dip)
- Milk and Yogurt (plain/chocolate milk, fruit yogurt)

Be sure to include foods that add protein. The following foods pack a protein punch when they accompany your carbohydrate-rich foods:

- Eggs, milk, yogurt, cheese, cottage cheese
- Hummus dip, more bean than meat chili
- Lean cuts of meat, poultry or fish

To ensure you are practicing **PowerFuel** nutrition, keep some of these (non-perishable) food and fluid items in your sport bag, gym locker, school back pack, in the car or make your own survival nutrition kit to carry with you.

- Individual sized cereal (or pre-bagged cereal from home)
- Cereal bars/granola bars
- Canned fruit (snack packs)
- Dried and fresh fruit
- Applesauce (individual containers)
- Concentrated fruit juice (individual boxes)
- Veggie sticks (mixed vegetables)
- Trail mix (nuts/seeds/dried fruits)
- Bagels, melba toast or bread sticks
- Stoned wheat thins
- Low fat oatmeal raisin cookies
- Fig Newton bars
- Popcorn (pre-made at home and bagged)
- Jam, honey, peanut butter
- Puddings

Every athlete is different, so experiment to find what foods and fluids work best for you. Remember that you need to practice sport nutrition to be successful, just like practicing for your next game.