

Hockey Nutrition Plan

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If you could take your game to the next level, you would, right? Well, you can-by eating the right foods everyday. That's how important your daily DIET is! What you put in your mouth affects you DIRECTLY - that includes on the ice, and in your daily activities. To be the best, you have to eat like the best!

Everyday eating

When you don't have practice or a game, you're refueling your body and building up energy for the next practice/game.

CARBOHYDRATES are your fuel!

Try to have **2 servings with every meal**, and **1 serving between meals**:

Body weight /lbs	Serving / day
150-160	8-9 (436g)
160-170	9-10 (463g)
170-180	10-11 (490g)
180-190	11-12(518g)
190-200	12-13(545g)

Examples:

- 1 bagel= 2 servings
 - 1 slice of bread= 1 serving
 - 1 bun= 2 serving
 - 1 bowl of cereal= 1 serving
 - *** (good choices: granola, vector, cornflakes, mini wheats, maple crunch)
 - 1 bowl of rice= 2 servings
 - 1 pita= 2 servings
 - 1 bowl of pasta= 2 servings
 - 1 granola/cereal bar= 1 serving
 - 1 muffin= 1 serving
 - 1 baked potato= 1 serving
 - Fruit can count as carbs too! 1 piece= 1 serving
 - 1 handful of grapes= 1 serving
 - 1 cup of 100% pure juice= 1 serving
- ***Try to get at least 6 servings of fruit and vegetables in your diet***