

1-2 hours off the ice:

- When you get home, try to have a plate of food ready. 30 minutes-2 hours after the game is the best time for your body to refuel. After the 2 hour mark, your body can't completely restore all the energy you burned on the ice.
- A big plate of pasta & sauce with 2 servings of protein and a protein shake are great ideas.

Junk Food:

- A bag of chips or a chocolate bar is okay to have once in a while (ie.: a couple times a week). BUT, on game day, this is a **BAD** idea. It's 'empty food'-all it has is LOTS and LOTS of sugar and fat. (Fat is very important, but you can usually count on getting this nutrient with anything you eat. Just don't eat in excess, like eating burgers and fries everyday of the week.) This will only succeed in draining all your energy, and throw all the hard work you put into eating right out the window.

If you have any questions, please don't hesitate to send me an email at lfoisey@uwo.ca