



# Hydration & Nutrition for hockey players

## What does nutrition and hydration have to do with performance?

Your body is like a high performance race car. It needs fuel, the right kind and the right amount. You would never let your car run out of fuel or only put a small amount of fuel in your car during a race or long road trip. You would drive up to the “PIT STOP” or gas station and refuel. Also, the car needs certain components to build a powerful engine to achieve race success. Just like a hockey player, your body requires fluids and foods, for fuel, strength and power.

## Facts

- It is essential athletes include all macronutrients in their diet; proteins 20-25%, carbohydrates 55-60%, fats 20% and water.
- A pre-game meal once will not make a difference in performance. Regular training combined with good eating and hydrating habits will benefit your performance in hockey, sport and life endeavors.
- Athletes achieve peak performance by eating a variety of nutrients such as; vegetables, fruits, grains, seeds, nuts legumes, and animal protein.
- Athlete’s benefit the most from the amount of carbohydrates (good choices; Fruits, Vegetables, Grains) stored in the body.
- Fat (healthy fats; Olive oil, Avocado, Almonds, Brazil nuts, Walnuts, Pecans, Cashews, Hazelnuts) also provides fuel, but depends on the duration and the athletes body composition
- Exercise may increase an athlete’s need for protein. However, excess protein will be stored as fat, can lead to dehydration, become toxic and rancid, causing fatigue.

## Why do you need fluids?

Your body is about 60% water, fluids are essential to regulate your body’s temperature, transport nutrients and oxygen. Dehydration impairs your heart and lungs to work hard and your body’s ability to regulate your body’s temperature causes muscle cramping and fatigue, leading to reduced performance. 60% water, fluids are essential to regulate your body’s temperature, transport nutrients and oxygen. Fluid loss of 2% of body weight can reduce your performance by up to 20%. Also, for every ounce of stored glycogen within your muscle you require 3 ounces of water. By the time you feel you are thirsty, you are already dehydrated. It is essential to ensure you maintain your fluid balance and drink at least 8 - 250ml glasses of fluid each day. You will need more in hot weather and intense exercise of 90 minutes or longer. However, do not drink your required fluid intake at once, as excess water is not stored and must be replaced on a regular basis. During exercise, you need 200-250ml of water per 15 minutes.

## Water, sport drinks, juice, pop, which one?

- **Water** is the cheapest, most available and the best source of hydration for hockey players.
- **Sport drinks** are specifically designed to replace carbohydrate, fluid loss, sodium efficiently for high intensity exercise, competition or when training is longer than 1 hour and as a recovery drink.
- **Fruit Juice** contains 8-12% carbohydrate and used as a recovery drink, not before or during. Your energy will be used to metabolize the fructose in the liver.
- **Pop** contains 10-12% carbohydrate, almost no sodium, can cause nausea, diarrhea, bloating and a full feeling. It is not recommended as a source of hydration.

*The information provided is for Educational Tips only, always consult a health professional for medical advice when introducing new eating habits and exercise programs*

References provided by: Canadian Food Guide to Healthy Living published by Health and Welfare Canada, Maximum Performance – Daniel Gastelu, Dr. Fred Hatfield, Applied Nutrition of Natural Health

***Nutrition and Fitness Consulting; menu planning and fitness for weight loss, weight gain, sport performance and lifestyles choices are available to boo. Please contact Sandra Sherbaty, RSNC @ 604-574-0405***