Youth Hockey Nutrition - Supplemental Handout

Example Pre-Game Meals

2-3 hours before exercising (about 50-60g of carbohydrates)
- 2 pc whole grain bread with 2 slices cheese (or nut/seed butter 1-2 Tbsp) + 1 medium banana
- 1 large baked potato with shredded cheese or shredded meat
- 1 whole grain bagel with 1-2 Tbsp nut/seed butter

4 hours before exercising (about 75-100g carbohydrates)
- Spaghetti with tomato meat sauce (2-3 cups)
- Rice (¾ cup cooked) or noodles (1 cup cooked) with grilled chicken and grapes (1 cup)
- Turkey sandwich: 2 pc whole wheat bread with 2 slices turkey, low fat mayo and 1 fig bar
- 10-12 pc meat/poultry/seafood dumplings and 1 medium to large orange

Example Pre-Game Snacks

30-60 minutes before exercising (about 20-30 g carbohydrates)
- ½ to 1 medium banana with 1 Tbsp nut/seed butter
- 1 pc whole grain toast with 1 Tbsp nut/seed butter
- 1-2 miniature box(es) raisins/cranberries and small handful of nuts
- 250 - 500 mL smoothie made with yogurt and fruit
- Kid's yogurt drink and ½ cup applesauce
- Fruit (e.g. 3/4 cup grapes) and cheese (3 cubes or 1 mini BabyBel)
- ¾ cup whole grain cold cereal and ½ cup 2% milk

Example Post-Exercise Snacks

Within an hour of exercise (about 20-30g carbohydrates and at least 5g protein)
- 250 ml chocolate milk
- 10 whole grain crackers + hummus
- 1-2 pc whole grain toast + 2 Tbsp peanut butter
- Fruit (e.g. ¾ cup grapes) + cheese (3-4 cubes or 1-2 mini BabyBels)
- 'Ants on a log' - celery sticks filled with peanut butter and dried fruit placed on top

Hydration Tips

- Kids 12+ years or older need 1.5 - 3 L fluid per day
- Water is the best source of hydration
- Hydrate every 15-30 minutes during your games and practices
- Stick to sipping vs big gulps
- Avoid beverages with sugar substitutes as they can cause gut discomfort
- If opting for fluids other than water, choose beverages with less than 10% carbohydrate concentration. To calculate the carbohydrate concentration: 1. Divide grams of carbohydrates by volume of fluid (mL), then multiply this number by 100 to find the percentage of carbohydrates in the beverage. See example below

Nutrition Facts
Valeur nutritive

Per 710 mL / par 710 mL

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 0 g	0 %
Sodium / Sodium 320 mg	13 %
Potassium / Potassium 90 mg	3 %
Carbohydrate / Glucides 43 g	14 %
Sugars / Sucres 41 g	
Protein / Protéines 0 g	

Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.

Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, vitamine C, calcium et fer.

43 (g of carbohydrates) / 710 (mL of volume) x 100 = 6%