

Important Nutrients for Athletes

1. Complex Carbohydrates
2. Fluids
3. Lean Protein

Complex Carbohydrates

This is what the body uses as fuel during exercise. To keep performance and energy levels high, be sure to eat high carbohydrate foods regularly.

Sources:

- Whole grain breads, cereals, rolls, muffins, bagels
- Cornbread
- Tortillas
- Pita bread
- Pancakes
- Pasta
- Crackers, popcorn, pretzels
- Rice
- All fruits and vegetables
- Beans

Fluids

Be sure to drink at least 2 cups of fluid before an event. If you lose even just 2-3% of your body weight (3-4lbs in a 150lb person) can impair your performance! During the event, try to drink 125ml-250ml every 15-20 minutes. Post event, drink 2 cups (500ml) for every pound lost during exercise. By doing this, you will recover faster and be ready to get on the ice sooner!

Sources:

- Water
- 100% fruit juices
- Vegetable juices
- Brothy soups
- Milk
- Decaffeinated coffees and herbal teas

Lean Proteins

Usually athletes do not need to worry about consuming extra protein, because most will already eat enough. Protein is important for repairing muscles from exercise, replacement and growth.

Sources:

- Beans
- Fish
- Chicken, turkey
- Milk-skim/1%
- Tofu, soybeans
- Unsalted nuts
- Extra lean red meats
- Low fat yogurts & cheeses

1. Zok, Anne. "The Training Diet". Hospitality Services, The University of Western Ontario.