

FOOD TIMING

Due to various commitments and obligations during the day of an ice hockey player, such as school, training, study time, family time, meeting friends and many others, meal times are very often cut short. However, cutting back meal times will have a negative impact on a player's performance.

For a player to perform at their highest level, it is important to reserve enough time for meal preparation and consumption.

Many meals and snacks can be prepared beforehand and taken along to school or practice to guarantee regular healthy and nutritious meals.

***It is important not to skip meals
and to pay close attention
to the quality of meals and snacks.***

An ice hockey player should eat 3 main meals per day and 2–3 snacks; breakfast, lunch and dinner, a mid-morning snack, afternoon snack and a light evening snack, in order to consume proteins and carbohydrates every 3–4 h.

Examples of meals and snacks can be found in other material on the IIHF website.

The metabolism slows down if a player consumes less than 3 meals per day, which causes increase in the breaking down of muscles for fuel and body fat reserves are spared.

Blood sugar level and appetite are normalized when a player eats every 2–3 hours.

On game days it is important to schedule meals so that digestion does not interfere with performance. Furthermore, it is important to eat foods and meals which are easily digestible and are well tolerated by the body. Game days are not the time to start experimenting with food.

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It is also important to remember to hydrate regularly between shifts and during the intermission as well as eat small snacks high in quick sugars to support on-ice performance.

Within 2 hours post training, it is recommended to consume carbohydrates to replenish glycogen levels, and protein to induce the hypertrophic stimulus and tissue repair. This will reduce the oxidative stress and enhance recovery.