

Nutritional Secrets YOU Need to Know to Be A Successful High Performance Hockey Player



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Nutritional Glossary

Protein: Next to water, protein is the second most plentiful substance in our body, making up 20% of one's body weight. Organs, muscles, skin, hair and nails consist mainly of protein. Each protein molecule is comprised of smaller units called amino acids. There are 20 amino acids of which 8 are essential, meaning the body cannot manufacture them and must come from the diet. **The best food sources are Meat, Poultry, Eggs, Dairy, Fish and Seafood.**

Carbohydrate: The primary energy source for one's body. Just as the automobile runs on gasoline the body runs on carbohydrate. All carbohydrate comes from plants and the word starch is often used interchangeably with carbohydrate to describe foods like potato, bread, pasta etc. Each carbohydrate molecule consists of smaller units called sugars. Various types of sugars include glucose, fructose, lactose, sucrose and more. The body functions most efficiently on complex rather than refined or "white" carbohydrates. **The best food sources are Whole Grains, Whole Grain Breads, Beans and Legumes, Vegetables and Fruits.**

Fats: Perform many essential functions in the body. They are necessary to form the structure of all cells and play key roles in all metabolic activities within the cell. Furthermore, fat is used as an energy "reserve" for the body in times of need. Fats and oils, also called lipids, come in many forms, shapes and sizes. Saturated, monounsaturated and polyunsaturated fats are some examples. Small molecules called fatty acids, are the building blocks of all fats and oils both in our body and in our foods. Two fats, Omega 3 and Omega 6 are known as essential fatty acids (EFA's), meaning they must come from one's diet because the body cannot make them. **The best food sources are Deep-Water Fish (Salmon, Cod, Herring etc.), Non-Hydrogenated Vegetable Oils (Extra Virgin Olive, Extra Virgin Coconut and Flaxseed), Nuts and Seeds, Butter.**

Vitamins: are the biochemical "nuts and bolts" that enable the large molecules of proteins, carbohydrates and fats comprising one's tissues to function as a coordinated unit. As coenzymes, vitamins work with enzymes, thereby allowing all activities that occur in the body to be carried out, as they should. Vitamins like A, C, E and B complex, must be obtained from food. **Both plant and animal sources are known for their particular concentration of one or more essential vitamin(s).**

Minerals: are required by all living cells, plant and animal, for function and structure. For example minerals are needed for the formation of bone and blood, and for the composition of all bodily fluids such as saliva and perspiration. Like vitamins, minerals function as co-enzymes, enabling the body to perform its functions including, energy production, growth and healing. All enzyme activities involve minerals; therefore minerals are essential for proper utilization of vitamins and other nutrients. Major minerals such as calcium, magnesium, and potassium as well as the trace elements like zinc, iron, and copper must be acquired from foods. **Again, various animal and plant sources offer variable concentrations of the minerals needed by humans.**

Game Day Nutrition

It is important to fuel your body with the proper foods and liquids both before and after practices/ games. This will give you the best opportunity to skate faster with more endurance, recover more quickly between ice times and allow you to be mentally focused on your game. Just as you would not wear figure skates (wrong equipment) to play hockey then why would you expect to be at the top of your game by eating a poor diet (wrong fuel).

Your main goal to have a successful hockey season is to consistently have high energy at each ice time (balanced blood sugar), proper rest and recovery between games, and prevent muscle wasting. Following these nutritional recommendations will allow you to do all of the above. It is important to note that: 1) it takes approximately 3 to 4 hours for meals to digest and be available to your body as energy and build muscle 2) you need a mixture of all types of foods to fuel your body for the entire day but some foods are better than others for Pre- Game meals.

Pre-Game: 1) Eat well 3 to 4 hours before a game.
 2) If hungry a small snack and water 1 hour before a game.
 3) Post game food is important to fuel your body for the next day.

Foods to avoid on game day:

- 1) Junk Food: candy, soda pop, chocolate, potato chips, all deep-fried foods like french fries. All junk food imbalances your body chemistry so that you will have less energy and endurance.
- 2) Dairy products, especially milk, within 1 to 2 hours of skating. Dairy is very mucus producing which causes breathing problems for many players, something you don't want before competition. Save it for after a game if you need to have it.

Meal Ideas:

Breakfast: a) 1-2 eggs + whole grain toast with butter b) 1 bowl oatmeal + toast with peanut butter

Lunch: a balanced meal containing some protein, fat, carbohydrate (see nutritional glossary).

Examples: a) pasta + meat sauce, b) chicken + rice + vegetables, c) roast beef sandwiches.

Supper: Same as lunch but a little more food to replenish your body especially for the next day.

Snacks: Protein bar, trail mix + 1 fruit, whey protein shake (with ½ water and ½ juice).

Water: Essential for any serious athlete! 2-3 litres must be consumed throughout the day.

Fast Food Restaurants:

It is best to eat at better quality restaurants or make your own food, however if you eat at McDonald's, Burger King etc. there are still better choices you can make. Examples: A burger with a salad, any meat sub with lots of veggies at Subway. Remember that fries, pop, and potato chips are performance killers so avoid them on game days.

Water vs Coke

Water

We all know that water is important.

- 75% of Canadians are chronically dehydrated.
- In 37% of Canadians, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied at the University of Washington.
- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain in up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by an amazing 79%. One is also 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day? I recommend drinking one liter of water for every 75 lbs. that you weigh.

Coke

- In many states (in the USA), the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
- You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
- To clean a toilet: Pour a can of Coca-Cola into the toilet and let the real thing sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
- To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
- Pour a can of Coca-Cola over the terminals on a car battery to bubble away the corrosion.
- To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the bolt for several minutes.
- Wipe your car windshield with Coca-Cola to remove road haze.
- To remove grease from clothes: Empty a can of Coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.
- The active ingredient in Coke is phosphoric acid. Its pH is 2.8 and it will dissolve a nail in about 4 days.
- To carry Coca-Cola syrup (the concentrate) a commercial truck must use the "Hazardous Material" place cards reserved for highly corrosive materials.
- The distributors of Coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would you like a glass of water or a Coke?

FOOD SUPPLEMENTS ARE BENEFICIAL?

It is hard to believe but some people still resist taking food supplements like vitamins, minerals, and herbs. I always eat balanced meals, they say, or I shop at a health food store, or even, --why bother? I feel fine. This person gallops through his life in the fast lane and scoffs at the concept of preventive nutrition. What-me worry? Maybe he/she should worry a little. When life was simpler and closer to the earth, we could eat nutritious meals that contained the full complement of vitamins and minerals. Today, however, we need to be responsible for our health. We need to learn how to take care of ourselves in a polluted environment. We need to learn the elements of good nutrition, one of which is proper use of food supplements. Why should we take food supplements? Why can't we depend on the food we eat to supply the proper vitamins and minerals?

Consider this quote:

US Senate Document #265. The alarming fact is that food – fruits and vegetables and grains now being raised on millions of acres of land that no longer contains enough of needed minerals – are starving us no matter how much of them we eat. No man of today can eat enough fruits and vegetables to supply his system with the mineral salts he requires for perfect health because his stomach isn't big enough to hold them... (This was written in 1936!)

Things are the same in Canada and have gotten much worse in the last 70 years. Here are a few more reasons to indicate the necessity of food supplements:

The soil our plant foods grow in is no longer pure. It has been overworked, overdeveloped and been polluted by chemical fertilizers, insecticides, and wastes.

The fruits and vegetables we buy at the local market (even at many so-called health food stores) have been harvested green and ripened with gas. This immature produce is stored or shipped, and it takes a week to ship a load of lettuce, for example, from California to Ontario. Thus, our produce loses its freshness, its nutritional value, even its natural color.

Most of the foods we eat are dead and processed. They have been chemically fertilized, refined, processed, enriched, and stored. The nutrients processed out are replaced by chemicals.

Animals have been force-fed and shot through and through with artificial hormones and other things to make them fatter and grow quicker.

White flour and white sugar are about as healthy as sandpaper.

The processed foods we buy are usually overcooked. Their vitamins are dumped out with the cooking water. They are deep-fried. They are coated with sauces and other decorative but not very nutritious things.

Unless we live alone in a cave somewhere, we live in a stressful environment, and most of us cannot grow our own food. We've learned to eat too many sugars and starches. We ignore our body's real needs in our attempts to join the junk food generation or just to grab a bite between activities. We no longer live according to the laws of nature.

Some of us are working to change the world, to clean it up. A major trend since the 1990's is to return to health, and that includes healthy eating. Until we can restore our Earth to its virgin purity, we need to be as careful as we can about our food. Being careful includes the sensible use of food supplements.

The right type of supplements for your body is, however, very important. Although everybody needs to take extra vitamins and minerals, the trick is to find out what you require to improve your own individual biochemistry. Since we are all unique, most of us need different amounts of certain essential nutrients. A person can often imbalance their own body chemistry by arbitrarily taking large doses of vitamins and minerals without being evaluated by a trained professional. Just because an article says this vitamin is good for so and so health complaint doesn't mean it is right for you! Some people take many products and still eat an unbalanced diet containing lots of fast food and expect miracle results. Again, money wasted and potential harm done to your body. Furthermore, many of the supplements on the market are poor quality and not efficiently absorbed by most people.

With all of these factors to consider make an appointment with me and enjoy the benefits of:

- 1. Discovering the exact vitamins and minerals your body needs. This is done through a safe, non-invasive computerized testing program.*
- 2. Saving time and money not buying and trying supplements you don't need.*
- 3. Creating a comprehensive diet plan customized to your individual body type.*

**Book Your Appointment Now And Discover What You Need To
Have Vibrant Health!**

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