

# PROJECT 8

## Nutritional Advice

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Hockey is characterised by high intensity passages of play, mixed with low intensity activities, including standing, walking, jogging.

Hockey players rely on instant sources of muscle fuel during short bursts of play. For longer phases of play, or “recovery” in between activities, your body will rely more on a mixture of fuels to support your ability to continue in the game, or practice session.

## Did you know that:

**What you eat & drink affects your energy levels on the field** – you should eat the right combination of foods to provide you with enough energy to last throughout a match. If you eat foods too high in sugar for example then you will likely feel a crash or a sugar low once that initial burst of energy is used up.

**Nutrition affects decision making** – not eating enough, eating too much or eating the wrong foods means you will not be at optimum performance. It is quite likely that you will not be able to concentrate fully as nutrition is a basic need in order to function properly.

**Nutrition plays a vital role in recovery** – Was that last niggle you had something you could have avoided with better nutrition & recovery? Make sure you are eating the right foods to aid recovery so that you're not losing those important muscle cells which help you to be stronger and more athletic.

Field Hockey Nutrition can seem simple, but often there are a lot of variations of the same foods that have completely different nutrition values and it can leave people unaware or confused about what to eat.

The topic of nutrition for sport is very broad and we can go into a lot of detail but for the purpose of this information here are some quick tips & idea's to help you to get a better understanding of the kinds of things you should be eating.



## 7 Foods for Field Hockey Nutrition:

### 1. Salmon

Salmon is an excellent source of protein and contains anti-inflammatory omega-3 fats which are essential for athletes as they help you to focus and are also useful in aiding quicker recovery. There are various forms of salmon, a great one is a poached salmon fillet drizzled with olive oil and a few squeezes of lemon.

### 2. Sweet potatoes

These may not be your number one choice but they have so much to offer. They contain more of the antioxidant beta carotene than any other fruit or vegetable. They aid in muscle recovery and are an excellent source of iron which is important in oxygen production during training.

### 3. Eggs

One of the most nutritious foods and are part of some of the best breakfast options for athletes. It is another high protein food which also contain good fats essential for sport's people.

### 4. Bananas

A great source of carbohydrates to fuel your muscles. They are a great snack and an excellent source of potassium which is an electrolyte that is lost from sweating. Try peanut butter on top of the Banana!

### 5. Nuts

Many nuts contain some great nutrients and fight inflammation caused from high intensity exercise and sports like hockey. They are also rich in protein which supports recovery and fibre which helps to maintain your energy levels. Some great examples include almonds, walnuts and pecans. Stick to a handful or sprinkle them onto some greek yoghurt for a snack or nutritious breakfast.

### 6. Whey protein

One of the easiest and most convenient protein sources for athletes. There are different forms of protein powders and it depends on a number of factors which one to get but it should be on the list for the hockey player who wants to make the most of their nutrition and recover as quickly as possible. Another alternative for a recovery shake is chocolate flavoured milk or coconut water.

### 7. Blueberries

Most berries are rich in antioxidants, fiber, vitamins and minerals. They are a great recovery snack and of course they are convenient to carry around with you. Add with some yoghurt with flaxseeds to make a perfect post recovery snack.

*Nutrition is just one part of your performance but it is the small 1% differences which equal overall better performance. A few small changes to your nutrition can make a huge difference especially to your energy levels.*

## Top habits of Aspiring Hockey Players



1. Don't miss meals
2. Breakfast is the most important performance meal of the day and should be varied across the week to include cereals, pancakes, toast or egg dishes
3. Fruits or vegetables should be eaten with every meal
4. Eat or drink carbohydrates in the first hour after you finish training.
5. Eat tinned fish or fresh fish as often as you can in the week. If you don't like fish, add olive oils to vegetables or use more nuts like almonds or cashews in your snacks
6. Eat a bed time snack to grow your muscles. Cottage cheese, porridge, peanut butter or yoghurts are great options
7. Try different foods, the more varied your diet, the better your performance will be and reduce your muscle soreness
8. Eat food rather than drinking calories. Do this by swapping sugary drinks for more food snacks or bigger main meals.

# GAME DAY

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## Top Energy Snacks for 2 hours before or 1 hour after Playing...

- Peanut butter on toast
- Toasted cinnamon bagel with mashed banana
- Beans on toast
- Tinned fruit mixed with Muller rice
- Homemade pancakes with natural yogurt and honey
- Mashed banana with honey and dried raisins on toast
- Fruit and a glass of skimmed or chocolate milk

## A Recovery shopping list

- Yazoo or For Goodness Shakes
- Eat Natural or Nutrigrain bars
- Skimmed milk
- Tins of fruit
- Breakfast cereal
- Fruit bread
- Muller Rice Total Yogurts with plain or flavoured

## Strategies for Recovery

1. Never rely on foods being provided for you, always take your own to meet your tastes and needs.
2. Hydration is key and should be a priority in your recovery.
3. Stagger your snacks over 2-3 hours after you finish your training.
4. Prioritize pitch sessions for higher calorie recovery than gym sessions.
5. Try to use more fluid based nutritional shakes as soon as you finish training as these get digested more quickly for your muscles to use.
6. Only try things out in training, never try new foods or quantities on a competition day.