

Why Eat for Recovery?

Energy Stores

- Carbohydrates are the body's principle fuel.
- Stored in the body as glycogen in the liver and muscles.
- Converted into glucose and used for energy.

Fluids

- Lack of fluids before, during and after exercise can result in dehydration and impair performance.
- Take in fluids the day before, the morning of, then continue to take on fluids right up to the start.
- Ensure you break regularly for fluids or take on fluids at half time in a match situation.
- Once you have finished continue to take in fluids
- These can include sports drinks or fruit juices.

Muscle repair

During exercise muscles are put under a lot of strain and need foods to help them recover. Taking in proteins after training, matches and tournaments can help with muscle repair and growth e.g. chicken, tuna, lean meats without skin, quorn, baked beans, nuts and seeds.

Balance

Ensuring you keep a balance diet is not just about 'everything in moderation' but is about ensuring your body takes in the right number of calories for the energy you burn.

	Men	Women	Girls (11-18)	Boys (11-18)
Recommended Daily Allowance (Kcals)	2500	2000	1800-2100	2200-2700

These figures are based on the general population and would need to be increased up to 500cals depending how much activity you take part in.

Other Considerations

When looking at diet there are many other consideration especially in children some of these include

- age
- level of activity
- number of training sessions
- number of games per week.

Although children may only take part in one sport outside of school levels within school will also need to be consider.

References

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Food for Hockey

What does my body need?

Nutrition Tips for Hockey Players



What Should I Eat?

The night before a match, training day, tournament and general training.

This should be **high in carbohydrates & low in fat** to top up your energy stores in the muscles. This will help you sustain performance levels during the games.

Meal ideas:-

- Stir-fry (not from a take away)
- Jacket potato with baked beans, spaghetti, tuna sweetcorn
- Spaghetti bolognese (lean meat or chicken)
- Couscous
- Pasta with tuna & tomato based sauce
- Vegetable and chicken Risotto
- Plenty of fluids

Match Day

Breakfast (at least 1-4hours before)

One of the most important meals of the day especially when you are exercising. You are looking for **high carbohydrates** and **low fat** foods. This will help ensure your energy levels are kept high ready for sport.

Meal ideas include:-

- Cereal with yoghurt or milk
- Toast with jam/honey/marmalade
- Fruit juice and plenty of fluids

Pre match Snack (30-60 minutes before)

Beneficial to top up blood glucose levels. This should be a small carbohydrate snack.

Good options include:-

- Fresh or dried fruit
- Cereal bars
- Fig rolls
- Rice cakes
- Sports drinks and plenty of fluids
- Rice pudding (e.g. Muller rice as these are also low in fat)

Half Time

Your half time snack should aim to give a quick source of energy.

- Jaffa cakes
- Oranges/fruit/dried fruit



Training Evening

When you have training in the evening you are looking to build up your energy levels throughout the day. This means taking in carbohydrates as you would prior to a match day.

Breakfast

- Bagels with tuna or salmon
- Fruit juice and plenty of fluids

Lunch

- Jam sandwich
- Jacket Potato with baked beans, spaghetti, tuna sweetcorn
- Any of the meal options from the night before

Snacks

- Bananas / fresh/dried fruit
- Cereal bars
- Rice pudding
- Jelly

Dinner

this all depends on the time of your training session, if you have time to eat 2 hours before then do, if not look at the pre match snacks to top up your levels before training

Post training

This is the same as a match day training day or tournament however if it is a late training session opt for the lighter options e.g. cereal bars but ensure a good breakfast high in carbohydrates and some proteins are taken in the day after.

Training Day

Similar to a match day you are looking to take in high levels of carbohydrates and low fat foods.

Breakfast (at least 1-4hours before)

- Crumpets with jam/honey/marmalade
- Fruit juice and plenty of fluids

Breaks

- Jaffa cakes
- Haribo
- Oranges / fresh/dried fruit

Breaks longer than an hour/lunch

This is an important time to increase energy levels in the muscles. These are best to be high in carbohydrates, low in fat and fibre.

- Jam/lean meat sandwiches
- Cereal
- Cereal bars
- Rice cakes
- Fruit



Tournament Day

Breakfast (at least 1-4hours before)

- Porridge made with milk
- Fruit juice and plenty of fluids

Breaks between games

- Jaffa cakes
- Oranges / fresh/dried fruit
- Sports drinks and plenty of fluids

Breaks longer than an hour

- Jam/lean meat sandwiches
- Cereal
- Cereal bars
- Rice cakes
- Fruit
- Jelly

Post match, training day, tournament and general training.

Effective recovery is essential to prevent a mid week slump in energy and to ensure energy stores are replenished. You are looking to take in high levels of carbohydrates with low fat. Your post match food should include protein for muscle repair.

Up to 30 minutes after

- Sports drinks
- Cordials
- Cereal bars
- Rice cakes
- Pineapple
- Bananas
- Sweet plain biscuits (e.g. rich tea)
- Fruit in syrup
- Jam/honey sandwich

1-2hrs after

- Jacket potato (beans, tuna sweetcorn, cottage cheese)
- Chicken & pasta
- Tuna/chicken sandwich
- Egg sandwich

