

PERFORMANCE NUTRITION



Performance Nutrition



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ENGLAND HOCKEY
PLAYER PATHWAY



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Is Nutrition important?

How and why?



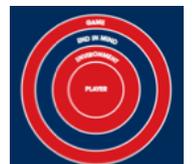
- Maintains health
- Supports growth
- Provides energy and fuels performance
- Supports training
- Promotes recovery
- Avoid illness and injury
- Improves concentration, learning and decision making

What happens if we don't make good nutritional choices?

- Lack of energy
- Reduced concentration
- Increased risk of infection and illness
- Poor sleep
- Increased stress
- Unable to maintain healthy weight
- Unwillingness to exercise
- Slow recovery from training

What happens if we do?

- Feel great – physically and mentally
- Improve strength, speed, endurance, concentration and co-ordination
- Support optimal body composition
- Provide the right fuel for optimal performance
- Optimise recovery
- Support a healthy immune system
- Influence the way you feel, think and behave



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A Hockey Players Diet

It should be based around:

- lean proteins for muscle repair and recovery.
- Appropriately timed carbohydrate for fuel.
- In addition, fruit, vegetables, nuts, seeds and dairy foods to provide important vitamins and minerals, along with some healthy fats.

Macro-nutrients

What are these?

Macronutrients



carbs



proteins



fats

What are Carbohydrates?

- High GI
- Low GI
- Carbohydrate is your friend!
- Base all meals around low GI carbs
- Fuelling and Refuelling



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What are Proteins?

- Protein contains amino acids which work to rebuild your muscles.
- Ensure protein at every meal
- How much do we really need?

What are Fats?

- Energy source
- Cognitive function
- Fat soluble vitamins
- Aim for healthier fats
- Aim for 30% total daily energy intake

Micro-nutrients

What are these?

Iron

- Dietary Strategies to optimise intake of Iron. Include small amounts of red meat 3-4 times a week from variety of sources
- Include non-animal sources: wholegrain cereals, dried fruit, legumes, eggs, green leafy vegetables, nuts

Vitamin C

- (e.g. orange juice) aids absorption; avoid tea and coffee when ingesting iron

Calcium

- Include calcium rich foods every day
- Include: milk, cheese, yogurt, tinned sardines, fortified breakfast cereals

Vitamin D

- Sunshine or may require supplementation (if deficient)

B-vitamins

- Include meat, dairy, leafy green veg, beans, pulses



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Antioxidant vitamins – A, C, E

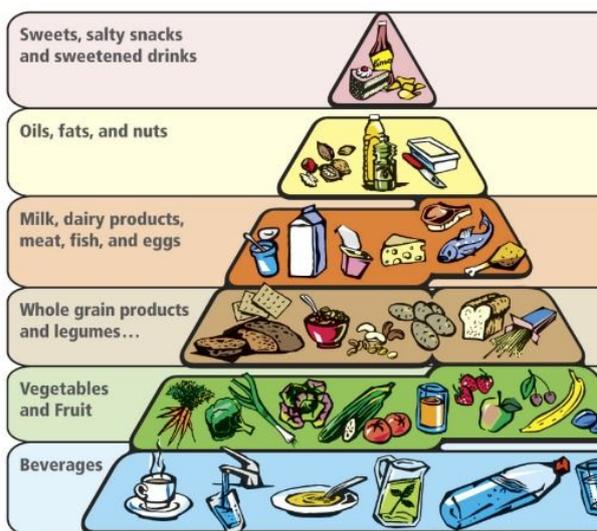
- A: liver, full-fat dairy, oily fish
- C: fruit, veg, potatoes
- E: fish, nuts, seeds, beans, leafy green veg

Omega-3s

- Oily fish (best source), walnuts, pumpkin seeds

For athletes exercising ≥ 5 hours per week

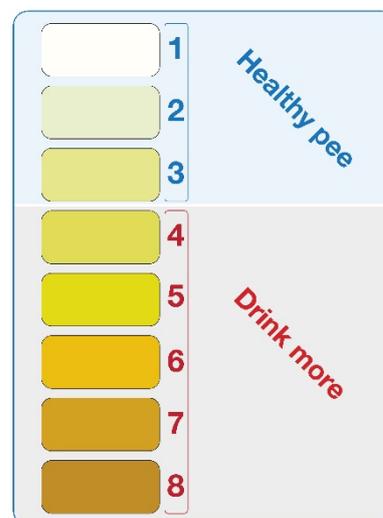
Based on the Food Pyramid for healthy adults
of the Swiss Society for Nutrition



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Hydration

- Body 60– 70% water
- Thirst poor indicator of hydration
- Dehydration
- Reduced endurance capacity
- Increased fatigue
- Decreased cognitive function
- Decreased performance



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Electrolytes

- Electrolytes help regulate body fluids.
- Aide muscle and nerve functions.
- If the body loses enough fluids and electrolytes through exercise, you can begin to experience dehydration symptoms like muscle cramps, fatigue, and thirst.

Snacks

What are the best snacks to choose to aid performance?

- Milk
- Yogurt
- Flavoured Milk
- Bananas
- Cereal with milk
- Bread/Toast/Bagels
- Peanut Butter/Ham/Cheese
- Fruit and Vegetables
- Hard-boiled eggs
- Pasta and sauce
- Cereal/Oat bars
- Soreen bars
- Rice cakes
- Oat cakes
- Dried fruit and nuts
- Porridge pots



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Pre-Match Meal Examples

- **Carbohydrates for energy**
- **Water:**
Guidelines for water= It is key to drink before during and after exercise.
Before- 1-2 hours before drink 500ml of cold water. – 10-15 mins before drink 1 litre.
During- Small amounts of water often, isotonic drink.
- **Pre-match meals: (Eat at least 2 hours before)**
 - Wrap or sandwich with chicken and salad.
 - Bowl of muesli with yoghurt and berries.
 - Pasta with beef mince in tomato-based sauce.
 - Chicken stir-fry with rice or noodles.
- **Pre-match snacks:**
 - Yoghurt with fruit salad.
 - Banana and a handful of almonds.
 - Peanut butter on rice cakes.
 - Peanut butter on Toast.

Not Recommended:

- High fat foods.
- High protein foods.
- High volume of Sweets.
- Fizzy or carbonated drinks.



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Post-Match Meal Examples

- **Protein for muscle recovery & Carbohydrates for energy recuperation:**

Need both as it helps to create a stimulatory effect for muscle growth, muscle repair, muscle retention, glycogen replenishment, and enhanced hydration.

- **Water:**

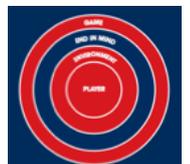
- Drink as much water as needed to quench thirst.
- Isotonic drink to replenish body fluids, carbohydrates and electrolytes.

- **Post-match snacks:**

- protein bar
- Apple slices
- Orange

- **Post-match meals:**

- Salmon and Sweet Potato.
- Grilled Chicken and Mixed Vegetables.
- Vegetable Omelette with Avocado.
- jacket Potato.



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Player Nutrition Profile:

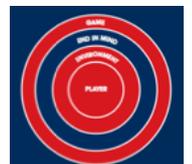
ALEX DANSON

Key points = Vegetarian and Competition eating.

Top 5 Tips

1. Always take a full drink bottle to training.
2. Use your car journeys as a time to prime for performance with your pre-training snack.
3. When travelling, take extra drinks with you as air conditioning in cars, coaches, and planes will dehydrate you.
4. Aim to eat your recovery snacks within 30 minutes of finishing your training session.
5. Choose drinks that you like. Ice cold drinks are better for performance and taste better too!

“As a vegetarian I love beans and chickpeas, either as part of a meal or added into them. My favourite simple quick dish would have to be beans on toast with a twist. Here I add 1 small tin of healthy eating baked beans with a small can of kidney beans and have over a seeded toasted bagel. Our nutritionist has told us that this dish gives a slow release of energy and boosts our iron levels so, for taste and functionality, I would recommend this to everyone”



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Recovery

- Refuel the body with carbohydrates
- Rebuild and repair muscles with protein
- Rehydrate with water (+ electrolytes)
- Reinforce immune health with fruit and vegetables

Summary

- Carbohydrate, Protein and Fruit/Veggies at every meal
- Stay hydrated
- Good snacks
- Training – Fuel and Refuel
- Plan and Prepare so always have what you need

