



SPORTS NUTRITION GUIDELINES

ASPIRE TO BE THE HEALTHIEST YOU!

FUELING for YOUR SUCCESS

HOW CAN PROPER NUTRITION HELP A SKATER'S PERFORMANCE ON THE ICE?

Nutrition is an essential component of living a healthy life. Good nutrition can increase energy levels for better performance, prevent muscle fatigue, ensure proper growth and decrease a skater's risk of injury.

There are three main nutrients that can positively impact a skater's performance if consumed in proper quantities and at the right time.

CARBOHYDRATES

- The primary fuel for a skater
- Should make up 45-55 percent of total daily intake
- Carbohydrate-rich food sources: grains, fruits, starchy vegetables (corn, peas, potatoes, etc.), legumes, dairy products and sports drinks
- It is recommended that skaters consume consistent amounts of carbohydrates throughout their training day to help sustain energy levels
- Best to be eaten prior to skating in the form of snacks or meals
- For every hour of medium- to high-intensity exercise, 15-30 grams of carbohydrates are recommended prior to the start of each skating session
- Examples of fueling snack examples that have 15g of carbohydrates per serving include: 1/2 cup of fruit, 15 crackers, 1/3 cup of brown rice and 8 fluid ounces of popular sports drinks

PROTEIN

- Key role in muscle recovery and repair
- Should make up 10-35 percent of total daily intake
- Protein-rich animal sources: eggs, dairy products, seafood, poultry and meats
- Protein-rich plant sources: beans, legumes, nuts, seeds, tofu and other soy or pea-plant-based dairy alternative products, such as soy milk or pea-plant milk
- To maximize recovery, skaters should eat snacks with a ratio of 4 grams of carbohydrate for every 1 gram of protein within 30-45 minutes after a skater's last practice session
- Examples of recovery foods with these ratios include chocolate milk, trail mix, and 1/2 of a peanut butter and jelly sandwich

LIPIDS

- Lipids, also known as fats, play a key part in ensuring energy levels are maintained during long duration, low-intensity practice sessions
- Should make up 20-35 percent of total daily intake
- Minimal fat before or after exercise is recommended to ensure proper digestion and to minimize upsetting a skater's stomach
- Examples of healthy lipid sources include: eggs, avocados, salmon, plant-based oils (olive, canola, sunflower, etc.), nuts/nut butter and seeds

FUELING for YOUR SUCCESS

DRINKS

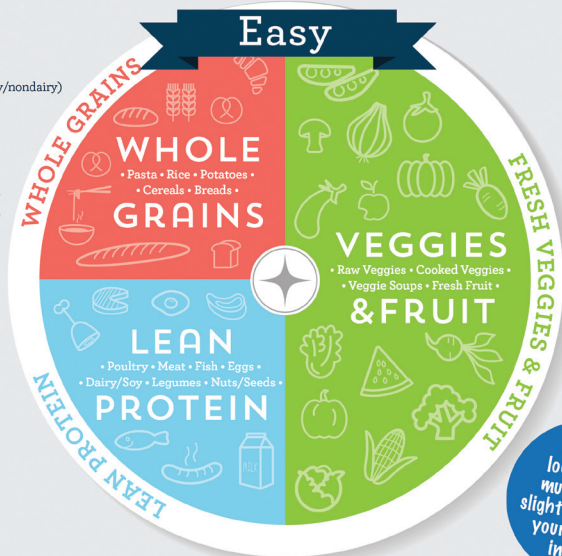
- Water
- Milk (dairy/nondairy)
- Juice

FLAVOR

- Salt & Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

FATS

- (1-3 Teaspoons)
- Avocado
 - Oils
 - Nuts
 - Seeds
 - Cheese
 - Butter



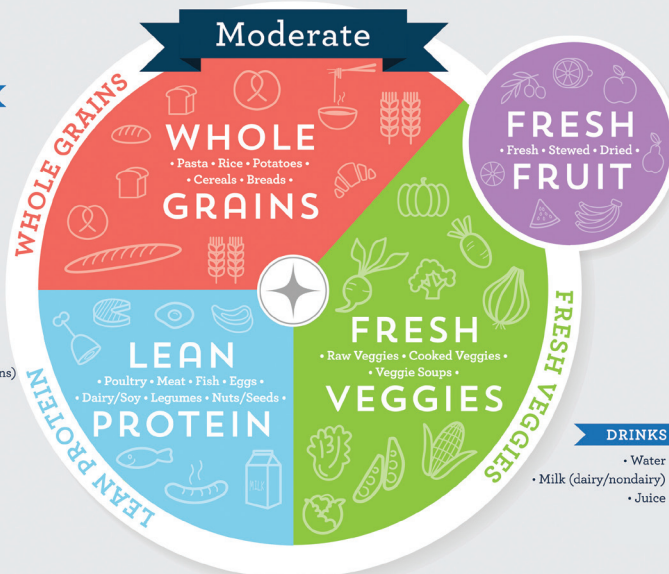
If you're looking for muscle gain, slightly increase your protein intake!

FLAVOR

- Salt & Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

FATS

- (1-2 Tablespoons)
- Avocado
 - Oils
 - Nuts
 - Seeds
 - Cheese
 - Butter



DRINKS

- Water
- Milk (dairy/nondairy)
- Juice

DRINKS

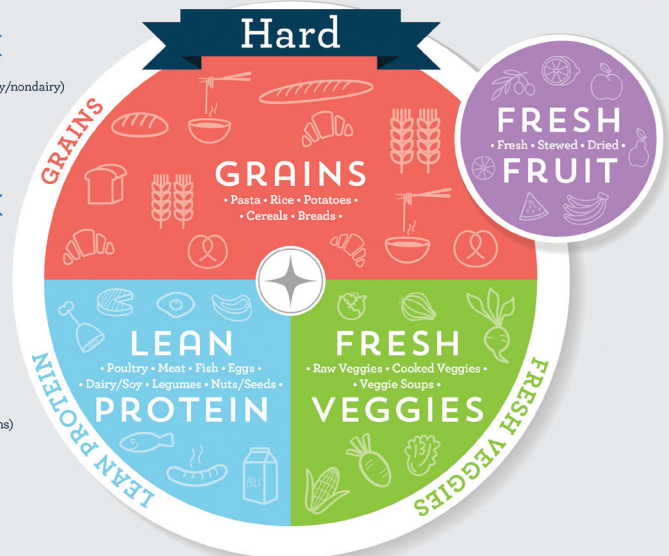
- Water
- Milk (dairy/nondairy)
- Juice

FLAVOR

- Salt & Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

FATS

- (2-3 Tablespoons)
- Avocado
 - Oils
 - Nuts
 - Seeds
 - Cheese
 - Butter



WHAT SHOULD A SKATER'S PLATE LOOK LIKE?

A varied diet with food components from each of the five food groups (grains, protein, fruits, vegetables, and dairy) allows a skater to increase his/her likelihood of acquiring adequate amounts of other important food components: vitamins and minerals.

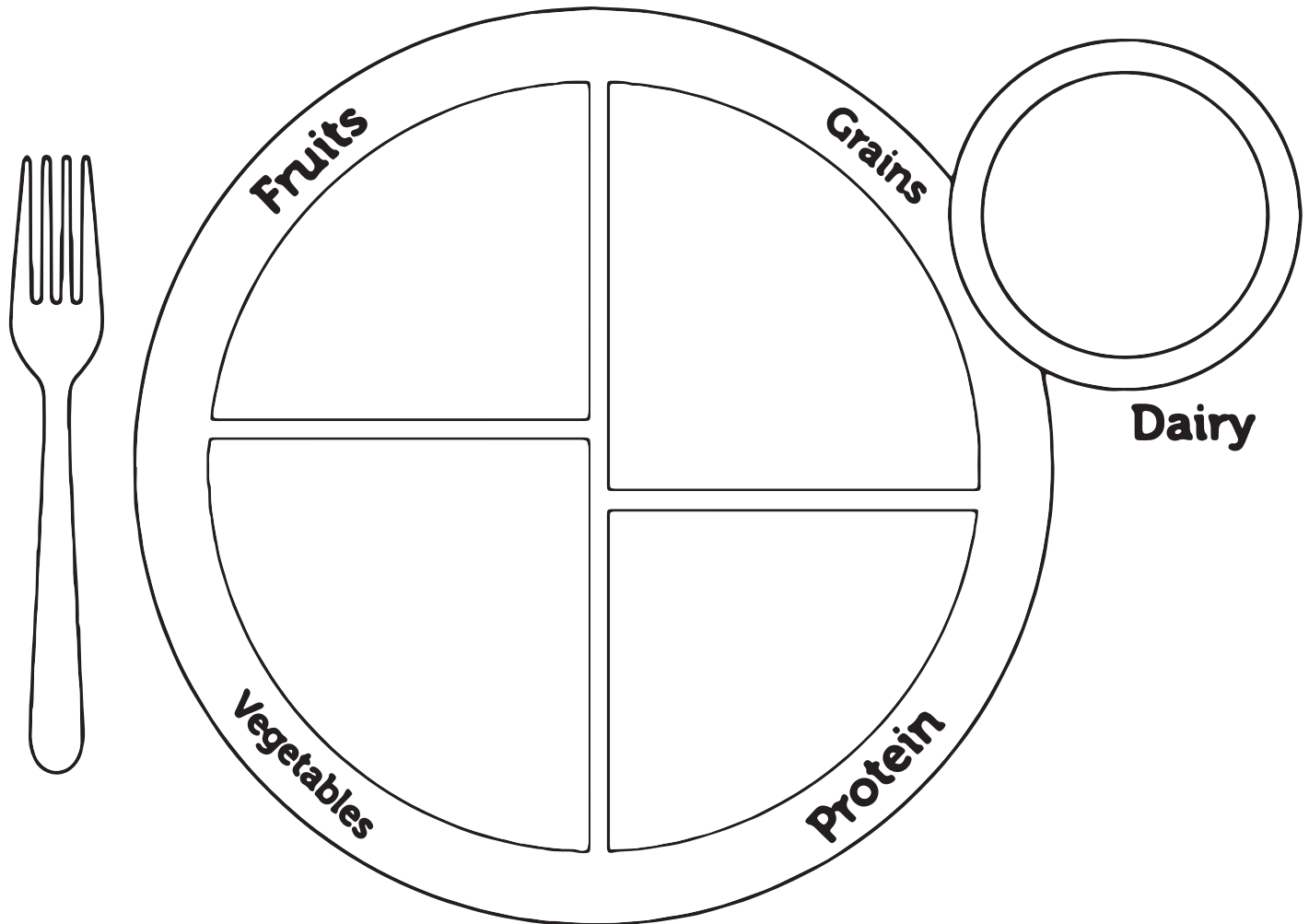
A skater's training intensity should vary throughout the week and during their competition season. Below are examples of how a skater's plate changes depending on an easy, moderate or hard training day.



NAME: _____ DATE: _____

TRAINING DAY INTENSITY: Easy Moderate Hard

MEAL TIME: _____



WOW, LOOK AT YOUR SKATER PLATE!

- | | | |
|--|-----|----|
| 1. Does your plate have all five food groups in it? | Yes | No |
| 2. Is half of your plate fruits and vegetables? | Yes | No |
| 3. Did you choose a whole grain food for your grain group? | Yes | No |
| 4. Is your protein choice a healthy lean choice? | Yes | No |
| 5. Is your dairy choice low-fat? | Yes | No |

IF YOU CIRCLED "YES" FOR THREE OR MORE OF YOUR ANSWERS, THEN YOUR PLATE MAKES A NUTRITIOUS MEAL!

FOOD AS FUEL

As an athlete, a skater should view food as fuel. Correctly eating the right types and quantities of foods at the right moments can have a positive impact on performance on the ice. Every skater has different caloric needs, and this is based off height, weight, age, physical activity and gender.* Whatever their goals, having a healthy eating mindset is critical for skaters to fuel their best and to ultimately skate their best.

DIET MINDSET

VS

HEALTHY EATING MINDSET

CAN I have this?

How will this food make me LOOK?

How much food do I GET today?

I skate so I can eat.

DO I want this?

How will this food give me ENERGY?

How much food do I NEED today?

I eat so I can skate my BEST!

HYDRATING FOR HEALTH

How Much Water Should a Skater Drink Daily?

- Minimum recommended water intake per day is 9-12 cups (72-96 ounces)
- Additional water is required surrounding exercise:

Weight of Athlete	Before Exercise (1-4 hours prior to)	During Exercise (Every 15 minutes, small gulps)	After Activity (Every hour for 1-2 hours post activity)
60 lb	3/4 cup (6 oz)	3 oz	4 oz
80 lb	2 cups (16 oz)	4 oz	6 oz
100 lb	2 1/2 cups (20 oz)	5 oz	6-8 oz
120 lb	3 cups (24 oz)	6 oz	8 oz
150 lb	3 3/4 cups (30 oz)	8 oz	8-10 oz

Aside from water, skaters can have sports drinks to supply additional carbohydrates and electrolytes during high intensity practice sessions to decrease the onset of fatigue.

Other recommended beverages to consume include: milk, 100% fruit juice and 100% fruit smoothies.

*UPMC Sports Medicine. *Preventing Sports Injury*. (n.d.). Vol 3.

*Revised from TrueSport handout.



NUTRITION CHART

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND DAY
BEFORE EXERCISE						
DURING EXERCISE						
AFTER EXERCISE						
CUPS OF WATER						

QUESTIONS TO CONSIDER

1. What grade would you give yourself for fueling during this week? (Circle)

A (Great Job) **B** (Good) **C** (Okay) **F** (Not My Best)

2. What are some nutrition goals you would like to set for next week to improve your nutrition around skating?

a. _____

b. _____

c. _____

3. What steps do you need to take to accomplish these goals?

