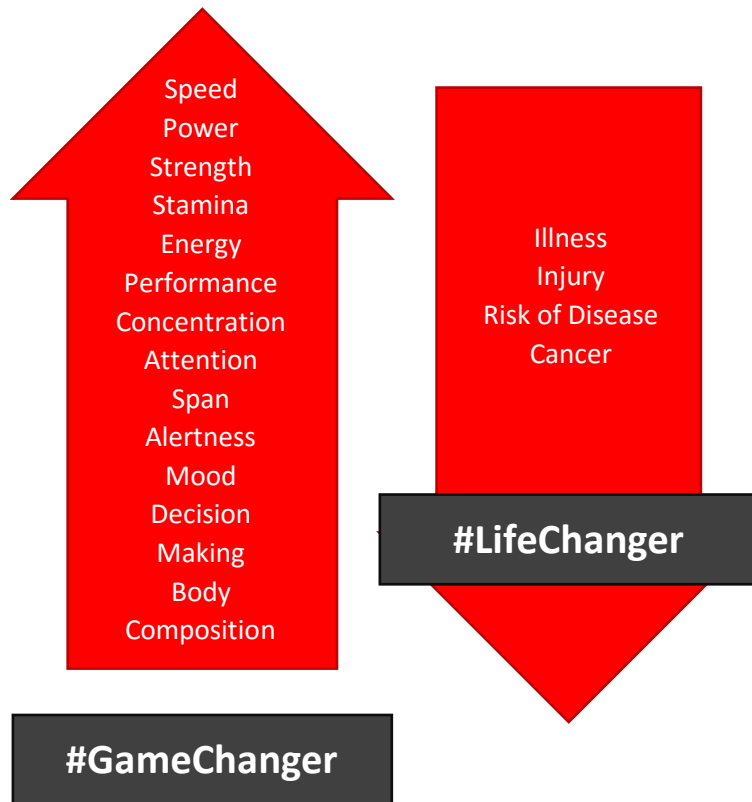


MA Hockey



Adult Female Players

1. **Drink more water and less of everything else.** Avoid soda, energy shots or drinks and alcohol as well as juice, sugary drinks and designer coffees.

- Hydration improves speed by 8-10% and muscle strength by 10-12%.
- Dehydration may lead to muscle cramping and premature fatigue as well as headache, dizziness, blurred vision, stomach upset and chills.

- Proper hydration decreases risk of injury, especially muscle pulls, tears or sprains.
- 65g of sugar found in a soda or iced tea/lemonade= \sim 23 sugar packets.
- Alcohol affects performance for up to 96 hours, is a metabolic poison and its empty calories may cause weight gain.

2. **Eat real foods you can recognize as often as possible.** If it swims, runs, flies, grows from the ground or falls from a tree and you can still recognize it, it's a better choice than something packaged in a shiny wrapper or crinkly bag.

- Eat breakfast every day. Include a source of protein like eggs or egg whites or low sugar, high protein yogurt.
- Look in your refrigerator before your cabinets when you need a snack.
- Green veggies should be unlimited and every meal and snack should contain at least one fruit or vegetable.
- Limit added sugar to <35g/day excluding fruit. Read labels on salad dressing, yogurt, bars, nut butters. Reduce intake of processed starches (bagels, pasta, baked goods) and fried foods.



3. **Play your best.** Fuel your performance by eating a meal about 3 hours before you play and a snack within an hour.

- Drink water at every break in play.
- Use electrolyte replenishment/sports drink after you've been sweating for 60 minutes or more.
- Plan ahead and pack a cooler for tournaments. Concession usually have plenty of food, but lack the "fuel" needed to power your performance.

TAILORED BODY COMPOSITION GOALS:

<p>LEANING OUT Eat 4-5x/day</p>	<ul style="list-style-type: none"> ✓ NUTRITION: Protein at every meal. Decrease starch with dinner. Eat only until satisfied. ✓ RECOVERY: 15g whey protein plus apple or berries.
<p>IDEAL BODY COMPOSITION Eat 5-6x/day</p>	<ul style="list-style-type: none"> ✓ NUTRITION: Protein at every meal. Eat when hungry, eat until satisfied. ✓ RECOVERY: 20-25g whey protein plus banana, grapes, raisins, berries <i>or</i> apple.
<p>GAIN MUSCLE Eat 6-7x/day</p>	<ul style="list-style-type: none"> ✓ NUTRITION: Protein at every meal. Increase portion sizes (Eat often. Eat more than usual.) ✓ RECOVERY: 30g whey protein plus banana <i>and</i> apple or grapes.

