



## Whitby Wolves,


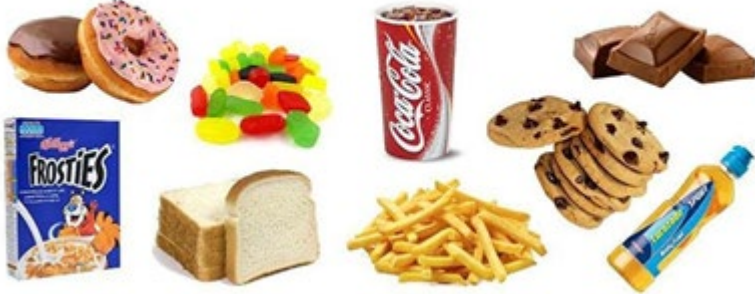
Just do it.....with whole foods!

By playing hockey you are already doing a wonderful thing for your body! Exercise builds strong bones, increases your happy hormones, and increases muscle mass. You are at the age where you will soon experience a rapid growth spurt so good eating habits are especially important!

Here are some tips for game and practice days to help you skate like the wind, fire the puck, stay alert and prevent fatigue.

### Before practices and games

Have a large snack of mostly complex carbohydrates!!!!

<p><b>✓ COMPLEX CARBS</b></p> 	<p><b>Why?</b></p> <p>Gives you energy that will last for an entire practice or game.</p>
<p><b>✗ SIMPLE CARBS</b></p> 	<p><b>Why?</b></p> <p>Your energy will spike and then your blood sugar levels will crash. This causes low energy and poor alertness. Plus, these foods dehydrate your body and can cause cramping!</p>

## Great snack examples before a practice, game or tournament



Here is a **smoothie** recipe, but you can modify it in many ways.

In a blender mix:  $\frac{1}{2}$  cup of berries; 1 ripe banana; 2 tsp. ground flax seeds or  $\frac{1}{2}$  avocado; a handful of raw kale or spinach;  $\frac{1}{2}$  cup of yogurt and a cup of water. Blend until smooth.



These home-made MYA muffins have lots of complex carbs and no refined sugar or flour. Make a batch for your snack to have on your way to a practice or before you go to a tournament!

2 cups of quick cooking oatmeal  
2 large eggs  
1 large ripe banana  
1 cup Greek yogurt  
1  $\frac{1}{2}$  tsp. baking powder  
1/8 tsp. salt  
 $\frac{1}{2}$  tsp. baking soda  
 $\frac{1}{2}$  tsp. vanilla  
 $\frac{1}{2}$  cup blueberries






Grease muffin tins. Preheat oven to 400 degrees Fahrenheit. Mix together all ingredients except the blueberries, with an electric mixer. Stir in blueberries. Bake 18-20 minutes. Cool for 10 minutes before removing from muffin tins.

- **Running out of time? Do you have less than an hour before a game?** Have a light snack of complex carbohydrates, such as a banana. Bananas have significant amounts of potassium which prevent muscle cramps, they are easy to digest and provide high energy carbohydrates.



**Water→ Before, During and After Your Ice Time!**

- Take small, frequent sips of water every time you go to the bench to prevent dehydration and to keep your core body temperature low.
- Sports drinks, like Gatorade, are not great choices to help you play better. Diluted coconut water and or diluted fruit juices, (ie. cranberry, pomegranate, real lemonade) are options which are a superior choice to sports drinks.
- Also, after the game, you just don't have to drink water to get you feeling better. Grab one of these “real snacks” immediately after a hard played game!

<p>Sliced watermelon</p> 	<p>Sliced orange wedges</p> 	<p>Green or red grapes</p> 	<p>Sliced apples and pears</p> 	<p>Pineapple slices</p> 
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**Be strong, be happy, and eat well Wolves!**

