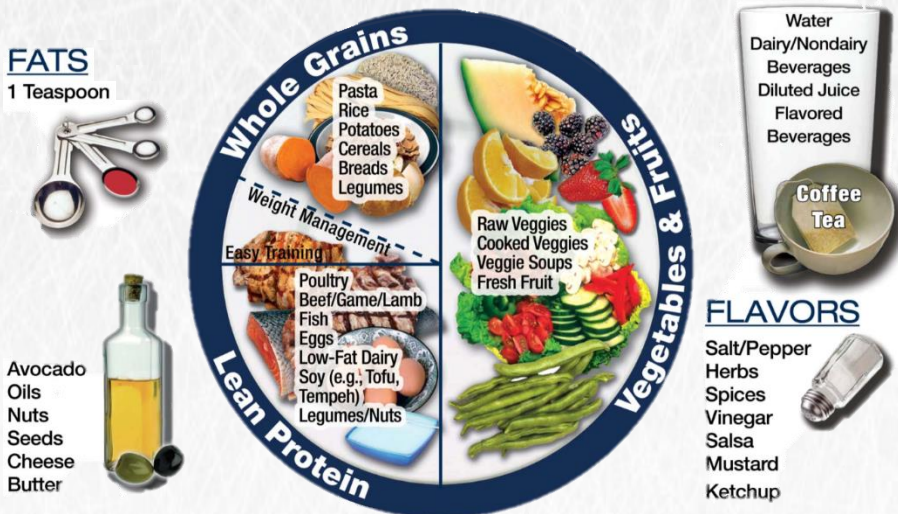


NUTRITION CONSIDERATIONS DURING LOW-TRAINING PERIODS

Periodization is a key part of an athlete's training program. When on-ice time is reduced, it's important to adjust nutrition to match activity levels. Simple shifts in plate portioning can keep you feeling confident in your body composition, satisfied with your meals, and avoiding restriction. Check out the plates below to see how to shift portions based on training volume. For help with your specific goals, reach out to your sports dietitian!

REDUCED ON-ICE ACTIVITY

Focus your plate on nutrient-dense protein, fruits, & vegetables.

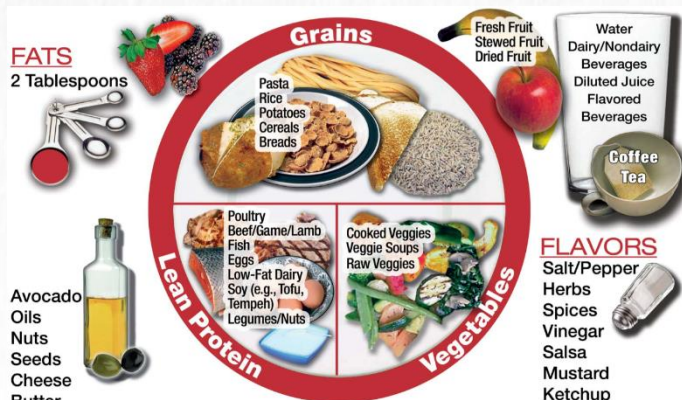


Key Fueling Tips

- Aim to eat every 3-4 hours, being mindful of hunger and fullness cues
- Fill your plate with mostly vegetables, fruit, protein, & quality fats. Then add in fiber-rich whole grains & starches.
- Choose fiber and protein-rich snacks to feel full & satisfied
- Choose no-sugar-added beverages like water, herbal tea, black coffee, white milk, & unsweetened milk substitutes
- Save sports nutrition products like Gatorade, Clif bars, & energy chews for when you're back on the ice.
- Experiment with cooking while you have the time!
- Stay on track with home workouts
- Keep in touch with your sports medicine & coaching teams. You don't have to do this alone!

IN-SEASON TRAINING

Focus your plate on muscle-fueling grains & starches.



*Plate graphics courtesy of Team USA Nutrition

MEAL IDEAS

- Grilled chicken with roasted root vegetables & apple slices
- Steak kebobs with grilled zucchini, green salad, & hummus
- Teriyaki salmon, steamed broccoli, & brown rice
- Mediterranean power bowl: Chickpeas, feta, olives, beets, & quinoa
- Grilled turkey burger with guacamole & fruit
- Grilled fish tacos with mango salsa & black beans
- Green salad with grilled shrimp or salmon, chopped nuts, & vinaigrette dressing
- Tofu stir fry with veggies & pineapple
- Veggie omelet with berries & avocado

SNACK IDEAS

- Fresh fruit with peanut butter
- Berry & yogurt smoothies
- Air-Popped popcorn
- Veggies & whole grain crackers with hummus
- Almonds & walnuts
- Hard boiled eggs
- Greek yogurt or cottage cheese
- Oatmeal
- Beef or turkey jerky
- Core Power, Fairlife, Owyn, or Orgain bottled protein drinks