



HOCKEY

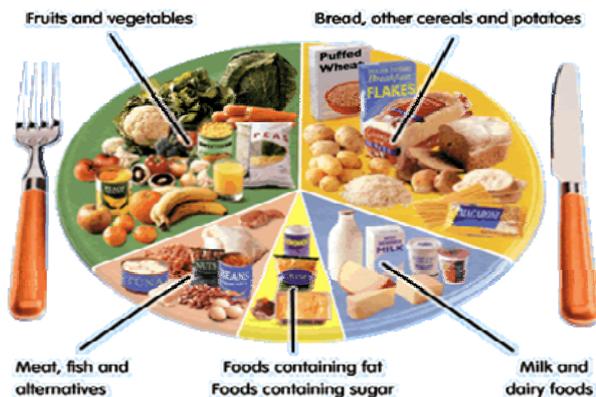
NEW ZEALAND

Nutrition Guide



BALANCED DIET

Variety is the key to a balanced diet. There is no perfect food or supplement that can supply the 40-plus nutrients the body needs for top performance. A daily diet should be made up of a selection of foods from each of the five food groups.



A basic food plan for one day should have:

- 3-5 servings of vegetables (1/2 cup = 1 serving)
- 2-4 servings of fruit (1/2 cup or 1 piece = 1 serving)
- 6-11 servings of bread/cereals/rice/pasta etc (1 slice of bread or 1/2 cup = 1 serving)
- 3 servings of dairy (1 cup or slice = 1 serving)
- 2-3 servings of meat/poultry, fish or cooked dry beans or peas. (a piece of meat the size of a deck of cards = 1 serving)

Once these nutrition basics are met, a balanced diet can also include some foods high in added sugars and fats (ie cookies, sweets, snack foods, soft drinks) to help meet energy needs. It is important to note however, that these foods should only be eaten in minimal amounts.

A balanced diet will provide you with enough energy and nutrients to stay healthy, feel good and perform well in training and competition. Athletes have different requirements to the general population but essentially the diet should still be made up of the five basic food groups with greater proportions of some of the food groups eg. carbohydrates and protein.

CARBOHYDRATES

Carbohydrates have one major function in the body – to provide energy for fuel. In fact, the brain, nervous system and red blood cells must have a constant supply of carbohydrates to keep working.

Hockey is a sport that consists of a variety of exercise intensities ranging from sprinting to standing still. Fuel from the bursts of intense activity is provided predominantly by carbohydrate and fat used during the less intense parts of the game. Fatigue in hockey is often caused by a depletion of muscle glycogen (the carbohydrate stored in the muscle). Also if blood glucose levels drop during a game this may lead to loss of concentration and tactical skills. This is why carbohydrates are so important for hockey players. Carbohydrates are stored in the body as glycogen in the muscle and liver, therefore it is essential to pay attention to the amount of carbohydrate you eat on a regular basis.

Nutrition experts advise people to choose whole grains (such as brown rice, oatmeal, whole wheat bread) more often than processed carbohydrates (such as white bread, cakes, crumpets). Whole grains both provide the energy athletes need to perform and the fibre and other nutrients they need to be healthy.

The amount of carbohydrate that you need to eat each day depends on the amount of training you do on a daily basis. On average hockey players would require 5-8g carbohydrate per kg body weight.

Carbohydrate Checklist

Each of the following serves is equivalent to 20g Carbohydrate.

Fruit

1 Apple	1 Banana	1 Grapefruit
2 Kiwifruit	2 Nectarines	1 Orange
2 Peaches	1 Pear	2 Apricots
2 Cups berries	20 Grapes	1 Thick slice Pineapple
8 Dried Apricots	6 (30g) Dates	6 Dried prunes
¼ Cup Raisins	1/2 Cup Tinned / Canned Fruit	
200ml Fruit Juice	500ml Tomato juice	

Vegetables

* All Cooked

2/3 Cob of Corn	1/2 Cup Kernel / Creamed Corn	
2 Cups Peas	½ Cup Yams	1 ½ Cups Mixed Veges
200g Pumpkin	2/3 Cup Mashed Potato	1 Med Potato

100g kumara
200g Baked Beans
1/2 Cup Chick peas

2/3 Cup Taro
2/3 Cup Haricot beans
1/2 Cup lentils

2/3 Cup Kidney beans

Breakfast Cereals

2 Weetbix
1 Cup Kornies
2/3 Cup Honey puffs
3/4 Cup Nutrigrain
3/4 Cup Special K
1 Cup Cooked Porridge

1 Cup Cornflakes
1 Cup Light and Tasty
2 Cups Puffed Wheat
2/3 Cup Sultana Bran
1/3 Cup Muesli
1/2 Cup Sustain

1 Cup Ricies
1 Cup Just Right
3/4 Cup Allbran
1/4 Rolled Oats

Cereals

1/2 Cup Cooked Pasta
1/3 Pasta Snack

2/3 Cup Tinned Spaghetti
2 Cups Plain Popcorn cooked

1/2 Cup Cooked Rice

Breads

2 Med Slice bread
1 small Roll (35g)
1 Crumpet
1 Scone (40g)
1/2 Fruit / Iced Bun

1 Toast Slice Bread
1/2 Pita Pocket
1 English Muffin
1/2 (40g) Fruit Scone
1 Naan Bread

1/2 Long roll
2 Thin Pancakes
1 1/2 Pikelets
1/2 (70g) Bran Muffin
1 Tortilla

Biscuits and Crackers

2 Chocolate Biscuits
40g Fruit Cake
16 Rice crackers
1/2 Doughnut
1 Cabin Bread

5 Cream Crackers
1 Fruit Twist
1 Fruity Bix bar
2 Plain Digestives
1/2 Sports bar

2 Icing filled Biscuits
2 Rice wafers
7-8 Crackers
2 1/2 Gingernuts

Dairy Products

400ml Trim Milk
5 Tbsp Skim Milk Powder
300g Natural Yoghurt

400ml Homog Milk
150g Fruit Yoghurt
200g Dairy Food

200ml Flavoured milk

2/3 Cup Ice cream

Sugar Products

25g (5) Boiled Sweets 35g
20g Peppermints
1/2 Mars bar
5 Toffees
2 Dsp Jam
1/4 Cup Jelly
200ml Raro

(7) Fruit Gums
25g Marshmallow
35g plain Chocolate
10 Jelly beans
1 Tbsp Honey
1 Ice Block
2 Tbsp Milo

30g Liquorice
2/3 Bounty bar
5 Filled Chocolates
2 Tbsp Sugar
1 Tbsp Golden Syrup
200ml Softdrink

Sports Supplements

150ml Lucozade

250ml Powerade

250ml Gatorade

PROTEIN

Protein is required throughout life to create, maintain and renew our body cells. Protein is essential for the growth and repair of all body tissues including muscle and bone. It is not difficult to meet protein needs if eating a balanced diet with a variety of foods. However athletes have slightly higher protein needs than the average person due to the wear and tear on their bodies.

Hockey is a power sport and requires both strength and endurance. As a consequence a hockey player's requirements are 1.4-1.7g of protein per kg body weight. If performing more strength training aim for the upper end of that range i.e. 1.7g protein/kg.

Animal protein sources include: meat, chicken, fish, milk, yogurt and eggs.

Vegetable protein sources include: beans, lentils, tofu, nuts and seeds.

Protein Check List

Each of the following serves is equal to 10g Protein

High Quality Proteins

Grilled Fish	50g	Lean Beef	40g
Tuna	50g	Lean Lamb	40g
Salmon	50g	Lean Pork	40g
Shellfish	50g	Chicken	40g
Hamburger pattie	1	Ham	1 thin slice
Eggs	2	Cheese	40g
Milk	200ml	Cottage Cheese	70g
Low fat Yoghurt	200g		

Low Quality Proteins

Thick Slice of Bread	2.5	Cereal	3 Cups
Pasta / Rice	2 Cups	Natural Muesli	1 Cup
Dried Beans	¾ Cup	Nuts	60g
Baked Beans	200g	Seeds	60g
Protein Powder	1 Tbsp	Protein Bar	½

FAT

Fats are oily or waxy substances made up of fatty acids and glycerol. Like carbohydrate and protein, fat is essential for health but does pose a problem if you do not exercise enough. Excess fat contributes to weight gain, heart disease, and other health problems. Even for athletes who burn off the extra energy fat supplies, there is an increased risk of adverse effects later in life.

Athletes need fats because active muscles quickly burn through carbohydrates and need fats for long-lasting energy. Experts advise athletes to concentrate on healthier fats, such as unsaturated fats found in most vegetable oils. Fatty foods can slow digestion, so it's a good idea to avoid eating these foods for a few hours before and after exercising.

Tips for reducing fat intake:

- Use a reduced fat spread instead of butter or margarine.
- Remove visible fat from meat and skin from poultry.
- Use skimmed/semi skimmed milk and low fat yoghurts instead of full fat versions.
- Use minimal amounts of fat for cooking – a good oil to use would be Olive oil.
- Avoid fried foods and avoid adding fats to cooked food e.g. butter on vegetables etc.
- Have potatoes as jacket, boiled or mashed more often than chips.
- Keep hidden sources of fat to a minimum including foods such as pastry, pies, biscuits, cakes, crisps, chocolate and meat products.

As an example, a male hockey player requiring 3200kcal per day could eat 90g fat per day, which would equate to 25% to total energy intake.

A female hockey player requiring 2500kcal per day could eat 70g fat per day, which would also equate to 25% of total energy intake.

HYDRATION

Fluid ingestion during and before exercise helps to restore your blood volume to near pre-exercise levels and prevents the adverse effects of dehydration on muscle strength, endurance and coordination.

Thirst is not a good indicator that you need fluid. By the time you are thirsty, you have started to become dehydrated. A fluid loss of 2% body weight can impair performance by up to 20%. Therefore it is important to drink before you become thirsty.

You should drink at least 2 cups of fluid 2 hours before you exercise.

Beverages such as water, low fat or skimmed milk or fruit juices can be consumed leading up to a training session/event.

Avoid drinking carbonated drinks because they could give you a stomach ache while you're competing.

What can you do to ensure your child drinks enough?

- Young athletes are more likely to consume more of a flavoured beverage than water.
- The colder the drink the more palatable.
- Ensure that at training sessions and at matches your child has a large drink bottle so that it is easy and accessible for them to drink.
- To combine with your child's training and match schedule, draw up a fluid intake schedule to ensure your young athlete is well hydrated before they begin their activity.
- Encourage your child to drink smaller volumes more frequently before and during exercise to minimize stomach discomfort.

CAFFEINE

Caffeine helps in some sporting situations with alertness but there are side effects of caffeine that suggest it is not good to drink before an athlete competes.

Caffeine acts as a diuretic causing your body to excrete fluid instead of retaining it which can cause dehydration.

Too much caffeine can leave an athlete feeling anxious and jittery. It can also cause trouble sleeping. This can drag down a person's sports performance.

ALCOHOL

Alcohol can impair sporting performance, such as:

- Decrease in reaction time.
- Problems with movement, balance, co-ordination, concentration and effective decision-making.
- Dehydration and fatigue.
- Delayed healing of soft tissue injuries, eg sprained ankle.

Practical tips about alcohol

- When you have finished exercising, rehydrate with water, sports drinks or juice, and consume a meal before drinking alcohol.
- Avoid alcohol for 2 days before a competition or important event.
- Avoid alcohol if injured, as healing can be prolonged.

PRE MATCH FOOD

A pre match meal should be eaten 2-4 hours before training or a match. The meal should be high carbohydrate, low in fat and low to moderate in protein.

It is also important to note that large meals take a long time to be digested and absorbed. Large meals eaten the day before an athletic event would be acceptable; however, large meals should not be consumed on the day of an event, before the competition.

Suitable foods for a pre match meal

- Pasta with tomato based sauces with chicken and vegetables or other low fat sauce.
- Stir fried noodles or rice with vegetables and lean meat.
- Cereal and milk/yogurt.
- Porridge made with milk.
- Toast/muffins/crumpets with honey, jam or marmalade.
- Spaghetti in tomato sauce or baked beans on toast.
- Rolls or sandwiches with lean meat, tuna or salmon.

Suitable foods for pre match snacks

- Fresh or dried fruit.
- Cereal bars.
- Fruit buns
- Flavoured milk.
- Low fat yogurt.
- Creamed rice.

POST MATCH FOOD

Effective recovery from training and replacement of the glycogen stores used during training or games is essential. When you exercise, you should aim to have carbohydrate rich food or drink within 30 minutes as the muscle can store carbohydrate more efficiently during this time.

After each game the players should aim to eat:

Minimum 60g Carbs and 20g Protein and Fluids

Examples of post match snacks to feed you athletes:

Protein

Choose either

Flavoured milk or Up & Go Energise

Carbohydrate

Choose one option

- A) Bread Roll and Banana (60g)
- B) Cereal Bar and 2 Fruit (60g)
- C) Fruit / Iced Bun and Banana (60g)
- D) 5 or 6 Jet planes (lollies) and Bread Roll (60g)
- E) 500ml Sports drink and 2 Fruit (75g)
- F) 2 crumpets/English muffins with jam (50g)
- G) Large bowl of breakfast cereal with skimmed milk.

Post match recovery snacks providing 50g carbohydrate and 17g protein:

- 1 Sandwich with low fat spread and tuna/chicken/meat plus a piece of fruit.
- 200g low fat yogurt plus cereal bar and banana.
- 400ml flavoured milk and 1 piece of fruit.

Add in cereal bars, sports drinks, bananas, dried fruits etc to add more carbohydrate to match your needs.

Mealtimes For Games

8.30am Game

Breakfast	6.00am-7.00am
Game	8.30am
Post Game snack	10.30am
Lunch	12.30am
Afternoon snack	3.30pm
Evening meal	6.30pm
Supper	9.00pm

10.30am Game

Breakfast	7.00am-8.00am
Game	10.30am
Post Game	12.30am
Lunch	2.30am
Afternoon snack	5.30pm
Evening meal	7.00pm
Supper	9.00pm

1.00pm Game

Breakfast	7.00am
Pre Match	10.00am-11.00am
Game	1.00pm
Post Game	3.00pm
Afternoon snack	5.00pm
Evening meal	7.00pm
Supper	9.00pm

Evening Game

Breakfast	8.00am
Morning tea	10.00am
Lunch	12.00pm
Pre match	3.00pm
Game	6.00pm
Recovery	8.00pm
Evening meal	10.00pm

Easy to Make Dinners while on Tournament

Fettucine with Chicken & Lemon

500 g fettucine
spray of canola or olive oil
500 g or two skinless chicken breasts,
cut into thin strips
250 ml (1 cup) MAGGI Chicken Stock
60 ml (¼ cup) lemon juice
2 teaspoons finely grated lemon rind
1 cup frozen peas
60 g reduced-fat cream cheese,
chopped
freshly ground black pepper, to taste

NOTE: Not enough vegetable with this. Add more or serve with a side salad.

Start cooking the pasta in a large saucepan of boiling water. Spray a nonstick frying pan with oil and heat. Add the chicken and cook over medium-high heat for about 5 minutes or until browned and cooked through. Remove from the pan, set aside and keep warm. Add the stock, lemon juice, rind and peas to the pan. Bring to the boil, reduce the heat slightly and simmer for 2-3 minutes or until the peas are cooked. Add the cream cheese and stir over low heat until smooth. When the pasta is al dente, drain and return to the pan. Add the sauce and toss to combine. Season with black pepper and serve immediately with the chicken.

ANALYSIS per serve	4	6
Energy kJ (Cal)	2745 (655)	1829 (437)
 Carbohydrate (g)	91	61
 Protein (g)	46	31
 Fat (g)	11	8
 Iron, Zinc		

HINT: Serve with a salad for a vitamin boost, or add more vegetables to make a complete meal. Use wholemeal pasta if you want to increase your fibre intake.

Preparation time: 10 minutes
Cooking time: 15 minutes
Serves 4-6

Spaghetti with Creamy Ham Sauce

500 g spaghetti
 spray of canola or olive oil
 1 onion, finely chopped
 150 g button mushrooms, quartered
 1 teaspoon minced garlic
 1 tablespoon, cornflour
 500 ml (2 cups) CARNATION Light
 and Creamy Evaporated Milk
 200 g lean sliced ham, cut into strips
 1 tablespoon, chopped fresh parsley
 freshly ground black pepper, to taste

NOTE: Not enough vegetable with this. Add more or serve with a side salad.

Start cooking the pasta in a large saucepan of boiling water. Meanwhile, spray a frying pan or wok with oil and heat. Add the onion and mushrooms and cook over medium heat for 3 minutes or until soft. Add garlic and cook for 1 minute more. Put the cornflour into a small bowl and gradually add 80 ml (1/3 cup) milk, stirring until smooth. Add the remaining milk to the pan then gradually add the cornflour mixture, stirring constantly. Keep stirring until the sauce boils and thickens. Stir in the ham and parsley, season to taste. When the pasta is al dente, drain and return to the saucepan. Add the sauce and toss through the pasta. Serve immediately with salad.

ANALYSIS per serve	4	6	HINT: When making a cornflour-based sauce, make sure the cornflour is well combined with the first part of the milk, before adding the rest, to prevent the sauce becoming lumpy. Preparation time: 10 minutes Cooking time: 10 minutes
Energy kJ (Cal)	2632 (629)	1755 (419)	
● Carbohydrate (g)	106	71	
● Protein (g)	35	23	
● Fat (g)	7	4	
● Calcium, Zinc			
● Iron			

Spaghetti Bolognese

spray of canola or olive oil
 1 large onion, chopped
 2 teaspoons minced garlic
 500 g premium lean beef mince
 200 g button mushrooms, thickly sliced
 2 teaspoons dried Italian herbs
 825 g can crushed tomatoes
 2 tablespoons tomato paste
 250 ml (1 cup) MAGGI beef stock
 salt and freshly ground black pepper,
 to taste
 500 g spaghetti

NOTE: Serve with a side salad.

Spray a large pan with oil and heat. Add the onion and cook over medium heat for 3 minutes or until soft. Add the garlic and cook for 1 minute more. Add the beef mince, and cook for about 5 minutes over high heat, or until browned, using a fork to break up the lumps. Add the mushrooms, herbs, tomatoes, tomato paste and stock. Bring to the boil, reduce the heat to low and simmer, uncovered for 20 minutes, stirring regularly. Season to taste. While the sauce is simmering, cook the pasta in a large saucepan of boiling water until al dente. Drain and serve topped with the sauce. Enjoy with a crispy salad.

ANALYSIS per serve	4	6	HINT: Add your favourite vegetables for a more balance meal.
Energy kJ (Cal)	2867 (684)	1911 (457)	
● Carbohydrate (g)	97	65	
● Protein (g)	45	30	
● Fat (g)	11	7	
● Iron, Zinc			

Quick Pasta Casserole

spray of canola or olive oil
 1 onion, chopped
 300 g lean lamb mince
 2 zucchini (courgette), thinly sliced
 1 carrot, thinly sliced
 100 g button mushrooms, thinly sliced
 400 g can chopped tomatoes
 375 g jar tomato-based pasta sauce
 375 g shell pasta, cooked

NOTE: Not enough vegetable with this. Add more or serve with a side salad.

SAUCE

1½ tablespoons cornflour
 375 mL can CARNATION Light and Creamy Evaporated Milk
 ½ cup grated reduced-fat tasty cheese

Preheat the oven to moderate (180°C or 350°F). Spray a large pan with oil and heat. Add the onion and cook over medium heat for 3 minutes or until soft. Add the mince and cook for about 5 minutes, or until browned, breaking up any lumps with a fork. Add the remaining ingredients, except the pasta. Bring to the boil, reduce the heat and simmer for 5 minutes. Stir in the pasta and transfer to a 2 litre (8 cup) capacity casserole dish. To make the sauce, put the cornflour into a small bowl and gradually add 80 mL (1/3 cup) milk, stirring until smooth. Pour the remaining milk into a small pan, gradually add the cornflour mixture and stir constantly until the sauce boils and thickens. Remove from heat, add half the cheese and stir until melted. Pour the sauce over the pasta mixture and sprinkle with the remaining cheese. Bake for 25 minutes or until golden brown on top.

ANALYSIS per serve	4	6	HINT: Use wholemeal pasta if you need to increase your fibre intake. Substitute other chopped vegetables as desired. Preparation time: 15 minutes Cooking time: 40 minutes Serves 4-6
Energy kJ (Cal)	2770 (660)	1845 (440)	
● Carbohydrate (g)	95	63	
● Protein (g)	45	30	
● Fat (g)	10	7	
● Calcium, Iron, Zinc			

Louise's Secret Lasagne

NOTE: Serve with a side salad.

spray of canola or olive oil
 800 g lean beef mince
 575 g jar of tomato-based pasta sauce
 herbs and spices, to taste
 375 g fresh lasagne sheets
 450 g can of tomato soup
 ½ cup grated reduced-fat tasty cheese

Preheat the oven to 170°C (325°F). Spray a nonstick frying pan or wok with oil and heat. Add mince and brown completely. Add pasta sauce and simmer for a few minutes. Season with herbs to taste. Spray the base of a lasagne or casserole dish with oil. Make the lasagne starting with a layer of pasta and alternating with a thin layer of pasta. You should fit 6 layers of pasta in a typical lasagne dish. Finish with a layer of pasta. Pour soup over the assembled lasagne and sprinkle a thin layer of cheese on top. Bake in the oven for 25-30 minutes. Serve with a salad or steamed vegetables and crusty bread.

ANALYSIS per serve	4	6	HINT: This recipe can also be made with tuna or salmon, minced chicken or finely chopped vegetables instead of the beef.
Energy kJ (Cal)	2841 (679)	1894 (452)	
Carbohydrate (g)	78	52	
Protein (g)	60	40	
Fat (g)	14	9	
Iron, Zinc			
Calcium			

Baked Beef Risotto

spray canola or olive oil
1 onion, finely chopped
2 teaspoons minced garlic
350 g lean beef mince
1½ cups arborio rice
1 litre (4 cups) MAGGI Beef Stock
150 g baby spinach leaves
400 g sweet potato (kumera), cut into small cubes
1 tablespoon finely grated Parmesan cheese
freshly ground black pepper, to taste

NOTE: Not enough vegetable with this. Add more or serve with a side salad.

Preheat the oven to moderate (180°C or 350°F). Spray a large pan with oil and heat. Cook the onion, garlic and mince for about 5 minutes or until browned, breaking up any lumps of mince with a fork. Add the rice and stir until well combined. Stir in the stock, spinach and sweet potato and bring to the boil. Transfer the mixture to a 2 litre (8 cup) capacity ovenproof dish. Cover and bake for 20 minutes. Remove the lid from the dish, stir the risotto well and return to the oven to cook, uncovered, for a further 10 minutes or until the rice is tender and the stock has been absorbed. Stir in the parmesan cheese and season to taste. Serve immediately.

ANALYSIS per serve	3	4	Preparation time: 10 minutes Cooking time: 35 minutes Serves 3-4
Energy kJ (Cal)	2952 (705)	2214 (529)	
● Carbohydrate (g)	103	77	
● Protein (g)	35	26	
● Fat (g)	16	12	
● Iron, Zinc			

Quick Chicken Stew

Ingredients:

1 can (15 ounces) unsalted mixed vegetables
1 can (10 3/4 ounces) reduced-sodium condensed cream of mushroom or cream of celery soup
1/2 cup 2% milk
3/4 teaspoon fresh thyme, crushed
1/8 teaspoon garlic powder
1/8 teaspoon ground black pepper
1 can (8 ounces) chicken, flaked and drained
3 cups mashed potatoes
Chopped parsley, optional

Preparation Time: Approximately 5 minutes

Cook Time: Approximately 20 minutes

Preparation:

Heat the vegetables, soup, milk, thyme, garlic powder and black pepper in a medium saucepan over medium heat until boiling, stirring often. Reduce the heat to a simmer and stir in the chicken. Cook 15 minutes to heat the chicken thoroughly.

Serve over mashed potatoes. Sprinkle with freshly parsley if desired.

Servings: 4

Nutritional Information Per Serving: Calories 340; Fat 9g; Saturated fat 3g; Cholesterol 35mg; Sodium 810mg; Carbohydrate 44g; Fiber 2g; Protein 22g

NOTE: Not enough vegetable with this. Add more or serve with a side salad.

Busy Day Casserole

Ingredients:

1 1/2 pounds lean ground beef
1 cup chopped onion
1 can (28 ounces) tomato puree
1/2 cup diced green pepper
1 can (4 ounces) mushrooms, drained
1/2 teaspoon garlic powder
1/2 teaspoon pepper
6 cups cooked spaghetti noodles
1 cup part-skim mozzarella cheese

Preparation Time: Approximately 10 minutes

Cook Time: Approximately 30 minutes

Preparation:

Heat the oven to 350°F. Brown the beef in a large skillet over medium-high heat. Add the onion. Cook and stir until the onion is soft. Stir in the tomato puree, green pepper, mushrooms, garlic powder and pepper. Simmer until well blended.

Mix with the spaghetti, and place in an oven-proof casserole dish. Top with the mozzarella. Bake for 15 minutes.

Servings: 6

Nutritional Information Per Serving: calories 510; total fat 16g (saturated fat 7g); cholesterol 85mg; sodium 800mg; carbohydrate 57g (fiber 6g); protein 37g

NOTE: Not enough vegetable with this. Add more or serve with a side salad.

Chicken and Vegetable Stir-Fry

Ingredients:

2/3 cup canned reduced-sodium chicken broth
4 teaspoons cornstarch
2 tablespoons low-sodium soy sauce
¼ cup vegetable oil
1 medium onion, sliced
1 can (8 ounces) sliced mushrooms, drained
1 cup sliced celery
1 cup sliced carrots
1 cup sliced green pepper
1 can (10 ounces) chicken, drained and flaked
2 cups mung bean sprouts
2 green onions, roots trimmed, sliced, optional

Preparation Time: Approximately 10 minutes

Cook Time: Approximately 5 minutes

Preparation:

Combine the chicken broth, cornstarch and soy sauce in a bowl. Blend well; set aside.

Place a large skillet over a high heat; a wok is ideal. . Add the oil and heat just until smoking. Add the onion, mushrooms, celery, carrots and pepper. Cook and stir for 2 to 3 minutes or until the vegetables are tender-crisp. Add the chicken, and cook and stir for another minute to heat through.

Add the broth mixture, and stir until the sauce is simmering. Stir in the beans sprouts, cover and cook for 30 seconds. Serve immediately; sprinkle each with green onion, if desired.

Servings: 4

Nutritional Information Per Serving: calories 330; total fat 20g (saturated fat 3g); cholesterol 35mg; sodium 750mg; carbohydrate 18g (fiber 5g); protein 18g

Resource information provided by:

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