

FUEL · PILLAR SERIES

THE PILLARS OF ATHLETE NUTRITION

Every athlete wants to get stronger, skate faster, and recover quicker – yet many spend countless hours training while giving little thought to the fuel going in. The reality is simple: you can't out-train poor nutrition.

Nutrition isn't just part of the process – it powers the process. Before supplements, meal timing, or advanced strategies, master these four pillars.

01 FUEL THE ATHLETE

The biggest mistake isn't eating the wrong foods – it's not eating enough. Between practices, games, lifting, school, and growing, athletes have far higher energy demands than average. Chronic under-fueling means low energy, poor recovery, reduced strength, higher injury risk, and trouble building muscle. Food is fuel – if you train and play like an athlete, fuel like one.

02 WIN THE MACRO BATTLE

PROTEIN · RECOVERY & MUSCLE 150 lb athlete = 105–150 g/day – upper range is the goal	0.7–1.0 g/lb
CARBS · ENERGY 150 lb athlete = 450–750 g/day – every sprint and shift runs on carbs	3–5 g/lb
HEALTHY FATS · HEALTH & HORMONES 150 lb athlete = 65–75 g/day – recovery, hormones, brain function	~0.45 g/lb

03 EAT THE RAINBOW

If macros provide the fuel, micronutrients keep the engine running. Players who consistently eat fruits and vegetables recover better, stay healthier, and miss less time to illness. Simple rule: 1–2 fists of fruits and vegetables at every meal – green, red, orange and yellow, blue and purple, white. More colours on the plate means more nutrients.

04 HYDRATE LIKE A HOCKEY PLAYER

Target 3–4 litres of fluid per day: about 1 litre during practices and games, another litre in the hours after, and 250–500 mL with each meal. Water covers most days; add electrolytes for tournaments, multi-game days, or hot environments. Quick check: urine should be pale yellow, like lemonade.

> **Bonus nutrients** Omega-3s for recovery and joints, vitamin D for Canadian winters, calcium for bones, iron for energy – female athletes especially.

TESTIFY TAKEAWAY

THE BEST PLAYERS AREN'T JUST TRAINING HARDER. THEY'RE FUELING SMARTER.

Fuel the work. Eat enough protein. Don't fear carbohydrates. Eat your fruits and vegetables. Stay hydrated. Do these consistently and you'll recover better, stay healthier, and perform at a higher level all season.