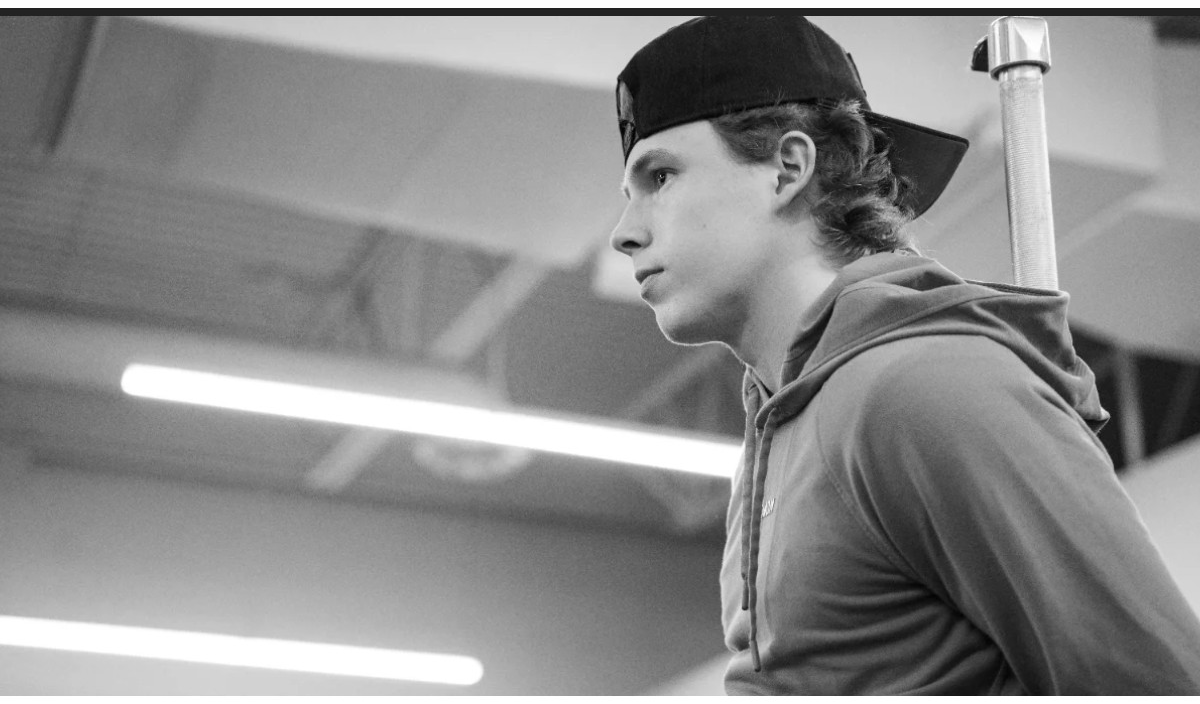

FUEL · PILLAR SERIES

PRACTICE & GAME-DAY NUTRITION HABITS

The goal of game-day nutrition is simple: arrive fueled, arrive hydrated, arrive ready to perform. What you eat before hitting the ice directly impacts your energy, focus, skating, and recovery.

01 FULL MEAL · 2–4 HOURS BEFORE

A balanced meal for sustained energy: 25–40 g protein, 60–120 g carbs, 10–20 g healthy fats, 500–750 mL water. Think chicken rice bowl with vegetables, eggs and toast with a banana and Greek yogurt before a morning game, or a turkey sandwich with an apple. Top off energy stores with time to digest.

02 QUICK FUEL · 0–60 MINUTES BEFORE

Short on time or coming straight from school? Choose something easy to digest: 20–30 g protein, 30–60 g carbs, 500–750 mL fluid. Protein shake and a banana, chocolate milk and a granola bar, Greek yogurt with honey, or a fruit smoothie. Keep fats and fibre low in this window to avoid stomach trouble.

03 DURING ACTIVITY

Under 2 hours: water is usually all you need – drink consistently and arrive well-fueled. Sports drinks earn their place when you're a heavy sweater, it's hot, or you have multiple games or a tournament weekend. Over 2 hours: aim for 30–45 g carbs and 500–750 mL fluid per hour to delay fatigue and support recovery between games.

04 AFTER THE FINAL WHISTLE

Recovery starts when the whistle blows. Refuel within 2 hours: 25–40 g protein, 60–120 g carbs, fluids and electrolytes, fruits and vegetables. A chicken and rice bowl, or a protein shake with a banana, granola bar, and chocolate milk. Tournament weekends may need even more carbs to fully replenish.

> **The rule** Before: protein, carbs, fluids. During: hydrate, maintain energy. After: protein, carbs, recovery.

TESTIFY TAKEAWAY

THE ATHLETES WHO RECOVER FASTEST PERFORM BEST THE NEXT TIME THEY STEP ON THE ICE.