

Sample Fueling Plan for a 125-lb Youth Hockey Player

Daily Macronutrient Targets

- Carbohydrate: 5–7 g/kg/day
 - → 285–400 g/day
- Protein: 1.2–2.0 g/kg/day
 - → 70–115 g/day
- Fat: Balance of calories: Generally, 25–35% of daily intake

0–60 Minutes Before Warm-Ups (Optional)

- Goal: Top off quick-use carbohydrate & maintain mental focus.
- Choose one:
- Fruit snacks or chews (20–25 g carbs)
- 1 small banana
- 8–12 oz electrolyte drink (with sodium)
- Small handful of pretzels

During Practice or Game

Hydration

- Sip 12–20 oz fluid per hour
 - Include electrolytes + sodium, especially with equipment on and during multi-game days.
- Carbohydrate Intake
 - 30–60 g/hour
- Examples:
 - 8–12 oz sports drink = 15–22 g carbs
 - Chews (5–6 pieces) = 20–25 g carbs
 - Applesauce squeeze pouch = 17–20 g carbs

Ideal In-Game Strategy

- Between shifts: 3–4 big sips of sports drink
- Between periods:
 - 8–12 oz drink + quick carbs if needed
 - Optional: half a granola bar or fruit snacks

Post-Game Recovery (Within 45 Minutes)

- Goals: Restore glycogen, repair muscle, replace fluids/electrolytes.
- Recovery Targets
 - Carbs: 1.0–1.2 g/kg (≈ 60–70 g)
 - Protein: 20–25 g high-quality protein
 - Fluids: 20–24 oz per pound lost during play
- Electrolytes: Include sodium to aid rehydration

Sample Post-Game Recovery Snack

- Chocolate milk (12–16 oz) → 16–24 g protein + ~50 g carbs w/ 1 banana or granola bar for additional carbs
- Or Turkey wrap + fruit cup
- Or Whey protein shake + applesauce cup

@clinicallypressed

