

FUELING TO GAIN WEIGHT

8 Nutrition Strategies for Hockey Players Who Struggle to Put On Size

Building strength and size takes deliberate fueling — especially with school, practice, games, and travel competing for your time. Use these 8 strategies to hit your calorie goals every day.

01

SHORTEN THE OVERNIGHT FAST

Dinner at 6, bed at 11, nothing after — that's a 13-hour fast till 7am. Add a small snack or shake around 9–10pm (Greek yogurt, cottage cheese, casein shake) to close the gap and kick-start overnight muscle repair.

02

BEWARE WEEKENDS & OFF-ICE DAYS

No gym or ice time on the schedule makes it easy to forget meals. Keep the same wake-up time and eat breakfast every day — including game weekends and days off the ice.

03

KEEP A DENSE SNACK ON HAND

Find something calorie-dense you can eat fast between gym sessions and on-ice practices without feeling stuffed — a solid protein/oat bar, trail mix, or homemade energy bites in your bag.

04

HAVE A GAME-DAY NERVES PLAN

Can't stomach food pre-game? Sip a calorie-containing electrolyte drink and nibble dense snacks before and between shifts. Have a hearty shake ready right after the final horn, then a real meal soon after.

05

COOK WITH HEALTHY OILS

Olive, avocado, and coconut oil add calories, taste, and make vegetables and lean proteins easier to eat in bigger portions — key when you're already fighting to finish a full plate.

06

ADD NUT BUTTERS AFTER MEALS

About 180–200 calories per 2 tbsp. A spoonful of peanut, almond, or cashew butter after a meal (or with fruit) adds calories, fiber, and healthy fat. Mind teammates with nut allergies in shared spaces.

07

PACK DRIED FRUIT & JERKY

Great for bus rides and tournaments — dried mango, apricots, raisins, or cranberries for carbohydrates, and jerky or meat sticks for portable protein that doesn't need a fridge.

08

SKIP THE CARBONATION

Soda and energy drinks fill you up with bubbles, not nutrients. Choose flat, calorie-containing drinks — milk, 100% juice, smoothies — when you're trying to add size.

BOTTOM LINE

Gaining size is **a daily habit, not a one-time meal**. Stack these small strategies together and the pounds follow.