

To calculate your daily caloric needs at your present body weight, refer to the following formula and list of training activities:

For athletes: (your body weight x 15) + exercise = calories needed per day

**For example: A 125 pound basketball player practices 1 hour per day
(125 lbs. x 15) + 2462 calories needed per day to maintain present body weight**

The number of calories an athlete “burns” in one hour depends on the athlete’s body weight, intensity of exercise and duration of the activity. The following are a list of the calories expended during various sports activities:

LIST OF CALORIES “BURNED” IN ONE HOUR

<u>ACTIVITY</u>	<u>110 lbs.</u>	<u>125 lbs.</u>	<u>150 lbs.</u>	<u>175 lbs.</u>	<u>205 lbs</u>
Aerobic, Medium	312	348	420	492	570
Aerobic, Intense	402	450	552	648	570
Baseball	204	234	282	324	384
Basketball	414	462	564	660	762
Cycling – 10 mph	300	336	408	480	552
Weight Training:					
Free Weights	258	288	348	408	480
Universal	350	390	480	560	640
Field Hockey	402	450	546	642	738
Football	330	444	540	612	726
Golf	258	288	348	408	468
Gymnastics	198	222	270	318	366
Cross Country Run	492	546	666	780	900
Running, Level:					
9 min./mile	582	648	786	924	1068
8 min./mile	648	714	852	990	1134
6 min./mile	834	900	1038	1176	1320
Lacrosse/Soccer	384	450	540	624	732
Swimming, Hard:					
Backstroke	510	570	690	810	930
Breaststroke	486	546	660	780	894
Crawl, Fast	468	522	636	750	864
Tennis	330	366	444	522	600
Volleyball	150	168	204	240	288
Wrestling	552	642	780	900	1050
Walking, normal pace	240	270	324	384	444

The following recommendations are guidelines for the athlete.
Calculations are based on a target intake of:

60% Carbohydrates – 25% Fat – 15% Protein

Remember: 1 gram of Carbohydrate = 4 calories
1 gram of Fat = 9 calories
1 gram of Protein = 4 calories

#1 – To determine total calories needed each day, multiply your body weight by 15 and then add your training needs.

Example: 150 lbs x 15 = 2250 + 1 hr basketball (564 cal) = 2814 calories needed per day to maintain present body weight

#2 – To calculate daily carbohydrate requirements, determine your daily caloric needs x 60% = total carbohydrate calories divided by 4 calories per gram of carb = total daily grams of carbs

Example: 1500 daily cal x 60% = 900 carb cal / 4 cal per gram = 225g of carbs per day

#3 – To calculate daily fat requirements, determine your daily caloric needs x 25% = total fat calories divided by 9 calories per gram of fat = total daily grams of fat

Example: 1500 daily cal x 25% = 375 fat cal / 9 cal per gram = 42g of fats per day

#3 – To calculate daily protein requirements, determine your daily caloric needs x 15% = total protein calories divided by 4 calories per gram of protein = total daily grams of protein

Example: 1500 daily cal x 15% = 225 protein cal / 4 cal per gram = 56g of protein per day

Maintenance # or

(Calories needed / day)	Carbs(g/day)	Fats (g/day)	Protein (g/day)
1500	225	42	56
1800	270	50	68
2100	315	58	79
2300	345	64	86
2500	375	69	94
2800	420	78	105
3000	450	83	113
3500	525	97	131
4000	600	111	150
4500	675	125	169
5000	750	139	187

The objective of this activity is to help athletes identify the basic nutrient needs of their diet. Please answer the following four questions:

Age: _____; Gender: _____; Present Body Weight: _____ lbs.

Name of Sport/Exercise: _____

Duration of Training: _____ (min./hrs.)

Frequency of Training: _____ (days/week)

1) Q: Based on the above information, how many total calories per day do you need in order to maintain your present body weight?

A: _____ calories

2) Q: Of your total daily caloric needs (above number), what percentage should come from:

A: Carbohydrates _____%; Fats _____; Protein: _____%

3) Q: How many calories does 1 gram of carbohydrate yield, 1 gram of protein, and 1 gram of fat

A: 1 gram carbohydrate = _____ calories

1 gram protein = _____ calories

1 gram fat = _____ calories

4) Q: As a healthy and active athlete, how many grams of carbohydrate, grams of protein, and grams of fat do you need each day?

A: _____ Carbohydrate grams/day

_____ Protein grams/day

_____ Fat grams/day

***Whether you are eating in the cafeteria, at your favorite fast food restaurant, or in the comfort of your own home, understanding the fundamentals of good nutrition will allow you to design your own high performance sports diet. Following a good nutrition game plan can and will give you the competitive edge!**