

Carbohydrates, Proteins, Fats and the Athlete

Calories are the fuel your body needs to work and play. A calorie is a unit of energy that measures how much energy food provides to the body.

- The average teenage girl needs 1800 to 2000 calories.
- The average teenage boy needs 2200 to 2400 calories.

Carbohydrates fuel athletes during difficult practices or workout sessions. Carbohydrates provide almost half of your total energy needs during training and competition and should make up the majority (55-66%) of your diet.

- Girls should consume 225 to 325 grams per day.
- Boys should consume 300 to 400 grams per day.

Fats provide the body with energy to drive activity. Where carbohydrates account for the majority of energy during short-duration or low-intensity exercise, fats make up the majority of energy during longer or more intense workouts.

- Girls should consume 55 to 75 grams per day of good fat.
- Boys should consume 75 to 100 grams per day of good fat.

Proteins

Protein helps largely with the recovery phase of training, repairing the tears and strains that naturally occur during exercise. For most people, protein should be around 10-15% of the diet. That number depends on the type and intensity of the exercise. Strength training will require more protein. Varying the sources of protein helps to get the most out of your recovery. Most Americans eat enough food from this group, but need to choose leaner and more varied selections of these foods including eating seafood each week.

- Girls should consume around 46 grams per day.
- Boys should consume around 52 grams per day.

Nutrition Facts
Serving Size: 1 Can (240mL)
Amount Per Serving
Calories 110 (22% DV)
Total Fat 15g (30% DV)
Saturated Fat 5g (10% DV)
Trans Fat 0g (0% DV)
Cholesterol 0mg (0% DV)
Sodium 100mg (2% DV)
Total Carbohydrate 20g (4% DV)
Sugars 10g (20% DV)
Protein 5g (10% DV)

Callout Boxes:

- Pay attention to serving size: Are you eating more or less?
- Watch the ratio of total carbs to sugars. The closer the grams of "sugar" is to the "total carbohydrates" in each serving, the closer the food gets to the junk quality.
- Look for foods with 5 grams of sugar per serving or less
- Recommended DV typically ranges from 50-75g for protein
- Ingredients aren't listed here. A good rule of thumb is to only consume packaged foods with 5 or less ingredients.
- If a high % of calories come from fat, eat sparingly.
- Not all fat is equal. Limit trans and polyunsaturated fats. Aim for foods high in monounsaturated fats.
- Identifies cholesterol raising fats only; look for hydrogenated oils in the ingredients
- Total DV of sodium should be less than 2,400 mg. 5% DV is LOW sodium 20% of DV is HIGH sodium
- Potassium DV is 3,500 mg/day
- Remember our calorie counting equation from week 3 (excluding fiber correction)?
Fat (g) x 9 + Carb (g) x 4 + Protein (g) x 4 = Total Calories
Here:
9g x 3 + 19g x 4 + 5g x 4 = 123

Nutrition Facts Label

