

# Calorie Needs

**Calories are dependent on two factor: activity level and weight. The more intense and frequent your activities the more calories—food energy— you will need. Everyday activities such as walking takes less energy than sprinting. The following categories will best determine you activity level.**

## What Are My Needs?

Fill out the following checklist to help keep track of your nutritional information:

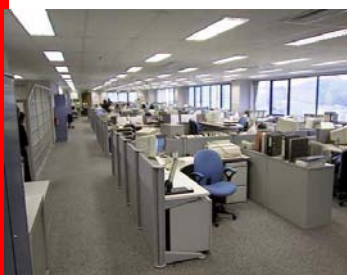
Activity Level: \_\_\_\_\_

Calorie Needs: \_\_\_\_\_

Carb Needs: \_\_\_\_\_

Protein Needs: \_\_\_\_\_

Fat Needs: \_\_\_\_\_



### Level 1

Daily activities are limited. Driving, heavy computer use, watching television, and general office work. Strenuous work is limited with the exception of the running and resistance training.



### Level 2

Daily activities are more vigorous. Light work, extending walking, moderate lifting, spending the majority of the day on your feet and being active.



### Level 3

Daily activities are strenuous. Manual labor, Construction, heavy factory (non forklift operation) landscape, and/or constant running/activity.

## FIND YOU CALORIE NEEDS

The more you weigh, the more calories you need to consume. To determine how many calories you can eat each day without gaining excess body fat or losing lean body mass, find your weight on the far left side of the chart below: then locate your daily calorie allowance to the right in the corresponding activity level.

	Level 1	Level 2	Level 3
180	2200	2400	2700
190	2300	2500	2800
200	2400	2600	2900
210	2500	2700	3000
220	2600	2800	3100
230	2700	2900	3200
240	2800	3000	3300
250	2900	3100	3400
260	3000	3200	3500
270	3100	3300	3600
280	3200	3400	3700
290	3300	3500	3800
300	3400	3600	3900
310	3500	3700	4000
320	3600	3800	4100

Weight (in pounds)

Fill out the following checklist to help keep track of your nutritional information:

Activity Level: \_\_\_\_\_

Calorie Needs: \_\_\_\_\_

Carb Needs: \_\_\_\_\_

Protein Needs: \_\_\_\_\_

Fat Needs: \_\_\_\_\_

### Change Body Type Safely

After a few weeks listen you your body after using these recommendations. If you are doing heavy labor and are still hungry all the time increase your calories. If you feel like you are gaining body fat, cut back on how much you are eating and drinking.

A safe goal is to lose or gain a pound each week, it is necessary to cut or add 500 calories each day.

A good strategy is to plan most of your meals around whole

# Nutrition Goals

**One of the best investments in your own athletic performance, is by working on your nutritional habits. Although recommendations for sports performance - some advocate Asian or Mediterranean based diets or the low carbohydrate high protein diets - there are many simple, researched based guidelines that apply to everyone hoping to participate in collegiate athletics.**

**To increase your energy supplies, consume a balanced diet low in saturated and trans fats, simple sugars, and alcohol. Choose whole grains and high fiber vegetables, fruits, and legumes.**

**The foods you eat are composed of carbohydrates, fats, and protein. Carbohydrates and fats will be the main source of energy for your body. Carbohydrates should make up 50-60% of your daily calories, while fats (primarily from vegetable oils) about 20-30%, and protein for the rest of your calories.**

**How to distribute your daily calories**



## CARBOHYDRATES

**Carbohydrates are the many kinds of sugars, starches, and fibers that make up plant foods such as fruit, vegetables, and whole grains. Overall these carbohydrates are some of the healthiest foods you can eat. When it comes to supplying you body with long lasting energy for sports and training, whole grains are especially beneficial.**

50-60% of Daily Calories from Carbs



### Whole Grains

For example: wheat, oats, rice, corn, rye, barley, buckwheat, millet, kasha, and quinoa. Whole grains are rich in B vitamins which are essential to sports performance. They also supply essential minerals such as calcium, magnesium, and phosphorus.



### Refined Carbohydrates

Grains stripped of their outer husk lose most of their nutrients and fiber. For this reason, multigrain breads, whole-wheat pastas, brown rice, and oat and bran cereals are superior to white bread and other products made from refined grains.



### Fiber

Soluble fiber helps lower cholesterol and blood sugar levels. It is found in abundance in legumes, oats, barley, and some vegetables and fruits. Insoluble fiber makes you feel full and protects against digestive problems.



### A ounce of prevention

Fruits and vegetables are an excellent source of antioxidant vitamins which fight free-radical damage in the cells of the body.

Fruits and vegetables also contain phytochemicals, disease fighting compounds.

Because phytochemicals and antioxidants boost each other's effectiveness in fighting illness and disease, try to eat foods containing a variety of them every day. Aim for a minimum of five servings a day— more is better.

## Healthy Fats

**Fats in foods transports some vitamins through the bloodstream, store energy, and help in the creations of cells. Unsaturated fats: Oils from nuts, seeds, and vegetables as well as fats from sea foods provide health benefits and are usually liquid.**

20-30% of Daily Calories From Fats



### Monounsaturated Fats

For example: Olive, canola, and peanut oils are the primary sources of monounsaturated fats, which are the healthiest fats you can eat. They help lower LDL (bad cholesterol) and raise HDL (good cholesterol).



### Polyunsaturated Fats

These fats, which are essential for good health include corn, sunflower, safflower, flaxseed, and soybean oils, as well as oils in fatty fish such as salmon. Rich in omega-3 and omega-6 fatty acids which lower total cholesterol.



### Plant Sterols

Seeds, nuts, and other plant derived foods contain substances called plant sterols, which have been shown to be beneficial. Soft margarines, and some salad dressings with the added plant sterols can be found in most grocery stores.



## HARMFUL FATS

**Foods high in saturated and trans fats not only increase your risk for cardiovascular disease, but have been recently shown to increase the amount of subcutaneous fat around the hips and belly. These fats are usually solid or semisolid at room temperature, which when heated will liquefy. It is not possible to avoid all of these harmful fats since they are found in many foods, but it is always best to cut back you can whenever you can.**

### Saturated Fats

Found in meat, dark meat poultry and poultry skin, butter, full fat dairy products, coconut oil, and palm oil, saturated fats increase LDL (bad) cholesterol as well as total cholesterol. Limit saturated fats with trans fats to no more than 8 to 10 percent of your total daily calories.



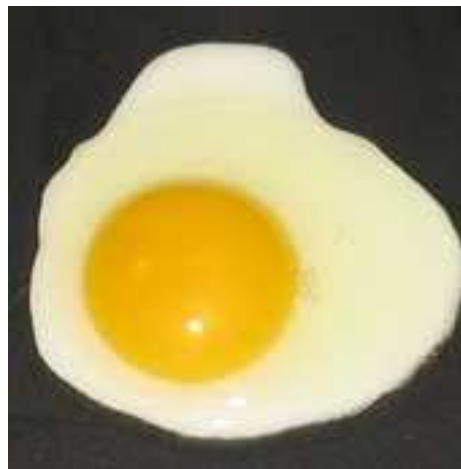
### Trans Fats

Stick margarine and shorting contain hydrogenated oils that raise LDL (bad) cholesterol as well as total cholesterol. Trans fats are also common in packaged and processed foods, baked goods, and fried foods.



### Cholesterol

Egg yolks, liver, shell fish, and full fat dairy products are rich in cholesterol which can potentially be harmful to the cardiovascular system. Trans fats and saturated fats have the greatest impact on blood cholesterol than all other forms of dietary cholesterol.



### Monitoring Your Fats

While you monitor your daily fat intake (20-30% of calories) consider the total amount of fat eaten over the course of the day. If you have a rich breakfast, for example, limit the amount of fat in your lunch, dinner, and snacks for that day. Some other tips:

- Limit fatty meats, full fat dairy, and rich baked goods.
- Choose foods made with plant based fats, such as olive and canola oils.
- Make some meals meatless

## FIND YOUR PROTEIN NEEDS

Athletes have one of the highest daily protein requirements - 1.5 grams per kilogram (2.2 lbs) of body weight. More protein does not equate to more lean body mass. Carbohydrates are most important when it comes to performance. To increase your lean body mass simply increase you daily intake of calories, including carbohydrates, protein, and fats.

	Level 1	Level 2
<b>180</b>	<b>2200</b>	<b>2400</b>
<b>190</b>	<b>2300</b>	<b>2500</b>
<b>200</b>	<b>2400</b>	<b>2600</b>
<b>210</b>	<b>2500</b>	<b>2700</b>
<b>220</b>	<b>2600</b>	<b>2800</b>
<b>230</b>	<b>2700</b>	<b>2900</b>
<b>240</b>	<b>2800</b>	<b>3000</b>
<b>250</b>	<b>2900</b>	<b>3100</b>
<b>260</b>	<b>3000</b>	<b>3200</b>
<b>270</b>	<b>3100</b>	<b>3300</b>
<b>280</b>	<b>3200</b>	<b>3400</b>
<b>290</b>	<b>3300</b>	<b>3500</b>
<b>300</b>	<b>3400</b>	<b>3600</b>
<b>310</b>	<b>3500</b>	<b>3700</b>
<b>320</b>	<b>3600</b>	<b>3800</b>

Weight (in pounds)

Fill out the following checklist to help keep track of your nutritional information:

Activity Level: \_\_\_\_\_

Calorie Needs: \_\_\_\_\_

Carb Needs: \_\_\_\_\_

Protein Needs: \_\_\_\_\_

Fat Needs: \_\_\_\_\_

### Healthy Choices

You know it's wise to choose whole grains over refined ones, low fat cuts of meat over full fat cuts. Here are some more tips.

- Replace ground hamburger with turkey or bison.
- Substitute two egg whites for each whole egg.
- Replace butter, bacon fat, and lard with canola, olive or peanut oil.
- Use measuring cups and spoons to measure portions, or weigh foods on a kitchen scale.
- Divide and weigh meat and poultry portions before cooking. A three ounce piece is the size of a decks of cards.

# PLANNING MEALS FOR PERFORMANCE

Having health ingredients on hand - like low sodium soups and canned tomatoes or beans in the cupboard, lean meats in the freezer, and whole grain breads in the pantry - allows you to make nutritious meals quickly and easily.

Keep your meals simple but vary your diet by trying new fruits, vegetables and grains. Take advantage of the reduced fat, fat free, and sugar free products. Stock plenty of fresh, canned, or frozen fruits and vegetables.

Fill out the following checklist to help keep track of your nutritional information:

Activity Level: \_\_\_\_\_

Calorie Needs: \_\_\_\_\_

Carb Needs: \_\_\_\_\_

Protein Needs: \_\_\_\_\_

Fat Needs: \_\_\_\_\_

## Healthy Choices

You know it's wise to choose whole grains over refined ones, low fat cuts of meat over full fat cuts. Here are some more tips.

- Replace ground hamburger with turkey or bison.
- Substitute two egg whites for each whole egg.
- Replace butter, bacon fat, and lard with canola, olive or peanut oil.
- Use measuring cups and spoons to measure portions, or weigh foods on a kitchen scale.
- Divide and weigh meat and poultry portions before cooking. A three ounce piece is the size of a decks of cards.