

# 1,900-Calorie Food Plan for a 5'2" (157 cm), 120 lb (54 kg) 18-Year-Old Female Skater (Lacto-Ovo Vegetarian)

**Energy-balance graph**



**Energy substrate distribution**

Total calories: 1,904  
 Carbohydrate %: 62  
 Protein %: 15  
 Fat %: 23

Hours anabolic (calories > 0) = 10; hours catabolic (calories < 14) = 13; anabolic : catabolic ratio = 0.74

Hour	Description	Food	Amount	Calories	Activity
7-8 a.m.	Breakfast	Cranberry juice Scrambled egg Milk, 1% fat Cereal, Multigrain Cheerios	8 oz 1 large egg 8 oz 1 cup	111 100 102 114	Important to consume this breakfast before showering and dressing
8-9 a.m.	Warm-up	Water	As desired		
9-11 a.m.	Training	Sports drink Water	8 oz As desired	65	A sports drink during training sustains blood sugar and central nervous system function, provides a source of energy to working muscles, and helps sustain blood volume and sweat rate
11 a.m.-12 p.m.	Cool-down	Water	As desired		
12-1 p.m.	Lunch	Nutri-Grain cereal bar, fruit filled Yogurt, plain, skim milk	1 bar 1 cup	139 137	This snack should be consumed as soon after exercise as possible; water should be consumed liberally whenever foods are consumed
1-2 p.m.	Relaxed activities	Water	As desired		
2-3 p.m.	Snack	Ranch dressing Carrots, baby, raw Cake, pound, fat free	2 oz 5 large 2 oz (60 g)	172 26 158	The midafternoon snack is needed to sustain energy balance and to continue to replenish glycogen stores
3-4 p.m.	Warm-up	Water	As desired		

4-5 p.m.	Training	Water	As desired		A light skills training that helps the athlete work on technique without being exhaustive; fluids can be consumed as needed
5-7 p.m.	Relaxed activities	Water	As desired		Any relaxed activities, including walking, light housework, and desk work
7-9 p.m.	Dinner	Milk, 1% fat Salad dressing Vegetable salad Pasta, cooked Marinara sauce	8 oz 1 tbsp 1.5 cups 6 oz (175 g) 1/2 cup	102 72 33 224 111	A hearty dinner is important for satisfying energy needs and should contain plenty of carbohydrate
9-10 p.m.	Evening snack	Chocolate milk, low fat	12 oz	236	This is an important time to have a snack to ensure sufficient liver glycogen stores to sustain blood sugar through the night

Note: 8 ounces = 240 ml

**Meal totals for selected nutrients**

Total kcal:	1,904	Iron (mg):	29.35	Vit C (mg):	106	Vit B <sub>12</sub> (mcg):	11.84
Carbohydrate (g):	295	Calcium (mg):	2,005	Vit B <sub>1</sub> (mg):	2.92	Folic acid (DFE):	1,185
Protein (g):	72	Zinc (mg):	26.29	Vit B <sub>2</sub> (mg):	5.31	Vit A (RAE):	1,683
Fat (g):	49	Magnesium (mg):	296.6	Niacin (mg):	35.8	Vit D (IU):	285.7
Sodium (mg):	2,428	Potassium (mg):	3,494	Vit B <sub>6</sub> (mg):	3.76	Vit E (mg):	18.8

*Note:* This athlete has a moderately intensive skating regimen in the morning for 90 min, followed by a shorter and less intense skating regimen in the early afternoon. While calorically balanced, her food plan causes her to spend more time in a catabolic than anabolic state, which should result in achieving one of her goals of losing some body fat. Importantly, the daily diet manages to keep her in a good within-day energy balance, which should also help sustain her lean mass. Her protein intake, while moderate, still fulfills her needs by providing 1.33 g of protein per kilogram of body weight.

**Source:** Energy balance and nutrient intake values were derived using NutriTiming.com.