

2,300-Calorie Food Plan for a 5'0" (152 cm), 100 lb (45 kg) 20-Year-Old Female Figure Skater

Energy-balance graph



Energy substrate distribution

Total calories: 2,281
 Carbohydrate %: 68
 Protein %: 10
 Fat %: 22

Hours anabolic (calories > 0) = 19; hours catabolic (calories < 0) = 5; anabolic : catabolic ratio = 3.80

Hour	Description	Food	Amount	Calories	Activity
6-8 a.m.	Breakfast and preparation for morning workout	Egg and cheese sandwich: 2 slices toasted whole wheat bread 1 large egg, fried 1 slice American cheese, low fat Sweetened ice tea with lemon flavor	1 sandwich 2 slices 1 large egg 1 oz 12 oz	153 90 97 133	Consumption of some food before the morning workout is critically important for maintaining blood sugar and energy balance during the subsequent exercise
8-9 a.m.	Warm-up				30 min
9-10 a.m.	Snack, then morning practice	Grapes, red Sports drink	1 cup 8 oz (240 ml)	104 63	50 min exercise
10-11 a.m.	Cool-down	Sports drink	8 oz (240 ml)	63	Consumption of a rehydration beverage after exercise is important for returning to a hydrated state and replenishing used glycogen stores
11 a.m.-12 p.m.	Lunch	Tofu, dried-frozen (koyadofu) Beans, snap, green, boiled, with salt Yogurt, fruit, low fat Grapes, red Plum Water	1 piece (2/3 oz) 1/2 cup 4.4 oz (125 g) 1 cup 1 medium As desired	82 22 135 104 30	Lunch should be consumed early in the hour to allow sufficient time for gastric emptying before skills practice at 12:10.
12-1 p.m.	Afternoon practice	Water	As desired		Skills practice for 50 min
1-2 p.m.	Snack before workout	Granola bar with fruit Water	2.5 oz (70 g) As desired	264	The frequent exercise schedule requires that the athlete take every available opportunity to consume snacks and fluids
2-3 p.m.	Afternoon workout	Sports drink	8 oz (240 ml)	63	Weight training for 60 min

3-4 p.m.	Snack after workout	Bread, whole wheat Cheese, processed, American Apple, with skin Water	2 slices 1 slice 1 medium As desired	133 105 57	A snack after a workout, particularly carbohydrate (bread and apple) and good-quality protein (cheese), is important for glycogen recovery and for reducing muscle soreness
4-6 p.m.	Relaxed activities	Water	As desired		Preparation for dinner
6-7 p.m.	Dinner	Spaghetti Meatballs Tomato (Marinara) Sauce	1.25 cups 2 oz 2 oz	275 60 39	This high-carbohydrate dinner is desirable for athletes who must recover glycogen for the next day of activity
7-9 p.m.	Relaxed activities	Water	As desired		Relax
9-10 p.m.	Evening snack	Grapes, red	2 cups	208	Relax

Note: 8 fluid ounces = 240 ml

Meal totals for selected nutrients

Total kcal:	2,281	Iron (mg):	15.9	Vit C (mg):	93	Vit B ₁₂ (mcg):	1.91
Carbohydrate (g):	398	Calcium (mg):	837	Vit B ₁ (mg):	1.82	Folic acid (DFE):	369
Protein (g):	59	Zinc (mg):	7.59	Vit B ₂ (mg):	2.36	Vit A (RAE):	757
Fat (g):	58	Magnesium (mg):	2.71	Niacin (mg):	17.85	Vit D (IU):	0.00
Sodium (mg):	3,508	Potassium (mg):	3,165	Vit B ₆ (mg):	2.03	Vit E (mg):	2.50

Note: This day is typical of a figure skater who has multiple skating sessions involving warm-ups, skating, jumps and lifts, and weight training. The food intake is spaced in a way that keeps the athlete in a good within-day energy balance throughout the day to ensure a good maintenance of the muscle mass and a low body-fat percentage. This eating and exercise plan results in a high anabolic-to-catabolic ratio, enabling this athlete to sustain or increase muscle mass while reducing the chance for increasing body-fat percentage.

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