

2,300-Calorie Food Plan for a 5'7" (170 cm), 132 lb (60 kg) 19-Year-Old Female Skater

Energy-balance graph



Energy substrate distribution

Total calories: 2,295
 Carbohydrate %: 49
 Protein %: 22
 Fat %: 30

Hours anabolic (calories > 0) = 16; hours catabolic (calories < 0) = 8; anabolic : catabolic ratio = 2.0

Hour	Description	Food	Amount	Calories	Activity
8-9 a.m.	Wake-up and breakfast	Eggs, scrambled Bread, wheat, toasted Peanut butter, smooth, with salt Milk, nonfat (skim)	2 eggs 2 slices 2 tbsp 8 oz (240 ml)	199 150 188 83	Wake-up activities (shower, dress); although many athletes do not consume breakfast before the morning workout, it is important to do so to maintain blood sugar and energy balance
9-10 a.m.	Typical summer camp activities	Water	As desired	0	Preparation for exercise
10 a.m.-12 p.m.	Warm-up followed by 45 min practice	Sports drink	8 oz (240 ml)	63	This intense workout leaves little opportunity for drinking, but the athlete should take whatever opportunities there are to sip on a sports beverage
12-1 p.m.	Lunch	Tuna salad (canned tuna in water, with mayonnaise) Crackers, wheat, low salt Salad, vegetable Water	1 cup 1 oz (30 g) 1.5 cups As desired	383 134 33 0	Lunch consumed early in the hour to ensure an empty stomach at the time of the afternoon practice at 2 p.m.
2-3 p.m.	Warm-up followed by afternoon exercise session	Sports drink	8 oz (240 ml)	63	Warm-up followed by 45-min practice that begins at 2:15 pm.
3-4 p.m.	Postexercise replenishment	Marathon bar Water	1 bar As desired	322 0	Relaxed activities; the energy bar and water are important for replenishing fluids and for glycogen and muscle recovery
4-5 p.m.	Practice	Sports drink	8 oz (240 ml)	63	Moderate exercise for 45 min

5-6 p.m.	Stretch followed by weightlifting at 6 p.m.				Stretch for 15 min
6-7 p.m.	Workout followed by dinner	Milk, nonfat (skim) Chicken breast, baked or grilled Corn on the cob with butter Salad, vegetable Creamy Caesar dressing Water	8 oz (240 ml) 1.5 oz 1 ear 2.5 cups 1 tbsp As desired	83 66 155 58 48 0	15 min of light weightlifting at the top of the hour, followed by dinner
7-10 p.m.	Relaxed household activities	Water	As desired	0	
10-11 p.m.	Evening snack	Popcorn, air popped Cranberry juice cocktail	3 cups 8 oz (240 ml)	93 111	Relaxed household activities; evening snack is important for maintaining energy balance throughout the night and preventing low blood sugar
11 p.m.-12 a.m.	Sleep				Sleep

Meal totals for selected nutrients

Total kcal:	2,295	Iron (mg):	22.23	Vit C (mg):	198	Vit B ₁₂ (mcg):	12.02
Carbohydrate (g):	282	Calcium (mg):	1,408	Vit B ₁ (mg):	2.76	Folic acid (DFE):	982
Protein (g):	126	Zinc (mg):	15.4	Vit B ₂ (mg):	3.89	Vit A (RAE):	796
Fat (g):	77	Magnesium (mg):	489	Niacin (mg):	49.71	Vit D (IU):	271.22
Sodium (mg):	3,273	Potassium (mg):	3,369	Vit B ₆ (mg):	3.85	Vit E (mg):	108.1

Notes: This represents the typical exercise schedule and intake of a young female skater attending a summer skating camp. Fluid intake should be liberal and sufficient to maintain a well-hydrated state. The anabolic-to-catabolic energy-balance ratio of 2.0 should enable this athlete to increase muscle mass and strength while avoiding an increase in body-fat percentage.

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