

## 2,500-Calorie Food Plan for a 5'2" (157 cm), 110 lb (50 kg) 20-Year-Old Female Figure Skater

Energy-balance graph



Energy substrate distribution

Total calories: 2,513  
 Carbohydrate %: 42  
 Protein %: 33  
 Fat %: 25

Hours anabolic (calories > 0) = 12; hours catabolic (calories < 0) = 12; anabolic : catabolic ratio = 1.0

Hour	Description	Food	Amount	Calories	Activity
6-7 a.m.	Breakfast	Blueberries Sausage patty Egg whites, cooked Chocolate milk, low fat Water	1 cup 3 oz (90 g) 1 cup 8 oz As desired	84 348 117 158 0	Breakfast is important to consume before morning practice; wake-up time should be adjusted to allow for consumption of enough food to maintain energy balance and prevent low blood sugar
7-8 a.m.	Warm-up	Tea, brewed (no sugar)	9 oz	3	Wake-up activities (shower, dress) and then warm-up for 25 min
8-9 a.m.	Practice for 1 hr	Coconut water (as sports beverage)	8 oz	47	Moderately high-intensity exercise for 60 min (team practice, drills); coconut water is an appropriate sports beverage substitute (contains sodium, potassium, and carbohydrate) for indoor (i.e., temperature controlled) environments
9-10 a.m.	Practice for 45 min	Coconut water (as sports beverage)	8 oz	47	Moderately high-intensity exercise for 45 min (team practice, drills)
10-11 a.m.	Practice for 30 min	Water	As desired		Moderate-intensity exercise (skills practice)
11 a.m.-12 p.m.	Lunch	Cottage cheese, 1% fat Jam (no sugar added) Soy protein isolate (powder to put in a drink) Banana Strawberries Soy milk Chicken breast, grilled Water	1 cup 1 tbsp 1 oz (30 g) powder 1 small 1 cup 8 oz 2 oz As desired	163 18 106 134 49 70 44	This lunch contains a good balance of carbohydrate and protein yet is relatively low in fat
12-1 p.m.	Relaxed activities	Water	As desired		Relaxed activity

1-2 p.m.	Warm-up then workout	Coconut water (as sports beverage)	8 oz	47	Warm-up for 15 min, followed by resistance activity for 45 min
2-4 p.m.	Afternoon snack at 2:30 p.m.	Peanut butter, smooth, with salt Whole Wheat Breat Ketchup Ham patty, grilled Corn, sweet, boiled, with salt Tomatoes, red, fresh Water	1 tbsp 1 slice 2 tbsp 1 oz 1 ear 1 cup As desired	94 69 10 98 96 27	This meal provides plenty of carbohydrate and protein, but with relatively low fat, to satisfy needs
4-7 p.m.	School activities	Water	As desired		Typical school activities, including homework and attending meetings
7-8 p.m.	Dinner	Chicken, light meat, roasted/diced, no skin Crackers, whole wheat Yogurt, fruit, low fat  Fruit juice	1 cup 10 crackers 4.4 oz container (125 g) 10 oz (300 ml)	242 178 135 129	This meal mixes needed carbohydrate and relatively low-fat protein foods.
8-9 p.m.	Relaxed household activities	Water	As desired		Relaxed activity, including homework and planning for the next day's activities

Notes: 8 fluid ounces = 840 ml

#### Meal totals for selected nutrients

Total kcal:	2,513	Iron (mg):	16.1	Vit C (mg):	1519	Vit B <sub>12</sub> (mcg):	10.21
Carbohydrate (g):	272	Calcium (mg):	1,572	Vit B <sub>1</sub> (mg):	1.82	Folic acid (DFE):	329
Protein (g):	216	Zinc (mg):	27.7	Vit B <sub>2</sub> (mg):	8.30	Vit A (RAE):	3,861
Fat (g):	72	Magnesium (mg):	557	Niacin (mg):	87.27	Vit D (IU):	119
Sodium (mg):	5,071	Potassium (mg):	6,586	Vit B <sub>6</sub> (mg):	7.77	Vit E (mg):	5.28

*Note:* This is a typical exercise and intake schedule for a collegiate field hockey player in preseason training. Although this represents a relatively high protein intake, it is well distributed throughout the day to optimize tissue protein utilization. Even so, by distributing the right foods at the right time, the athlete can maintain a good energy balance throughout the day. The even anabolic and catabolic hours are indicative of someone who is able to maintain the current weight and body composition.

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