

## 2,700 calorie food plan for 19-year-old male, 5'10" 150 lb. male pairs figure skater.

### Energy Balance Graph



### Energy Substrate Distribution

Total Calories: 2718  
 Carbohydrate %: 65  
 Protein %: 11  
 Fat %: 23

Hours anabolic (Calories > 0) = 12; Hours catabolic (Calories < 0) = 12; Anabolic : Catabolic Ratio = 1.0

Hour	Description	Food	Amount	Calories	Activity
6-7 am	Wakeup	Orange juice	1.5 cups	164	Athlete should consume food or drinks immediately upon waking up to avoid achieving low blood sugar.
7-8 am	Breakfast	Milk, 1% Cereal, shredded wheat, with sugar Coffee with low fat milk	1 cup 1.5 cups 1 cup	102 275 8	Small breakfast to begin day's activities.
8-10 am	School	Water as desired			Typical school activities
10-11 am	Snack	Trail mix with chocolate chips	½ cup	353	Important to have snack to maintain energy balance and blood sugar.
11-12 am	Lunch	Turkey sandwich with tomatoes and onions Peaches, canned, in water Tortilla chips with nacho cheese	1 Sandwich 1 cup 1.25 ounces	220 59 182	Lunch is prepared at home and brought to school.
12-1 pm	School	Water as desired			
1-2 pm	On-Ice Training	Sports drink	12 ounces	94	Sport-specific on-ice training to go over routines. Involves frequent lifting of partner and multiple jump/spins.
2-3 pm	Off-Ice Training	Sports drink	12 ounces	94	Off ice training involve going over choreography with partner and coach, involving jumps, leaps, and lifts off-ice.
3-4 pm	Light Jog				Light 30 minute solitary jog to help athlete focus on goals.
4-5 pm	Warm down	Sports drink	8 ounces	63	Immediate consumption of sports drink following jog.

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<b>5-6 pm</b>	Post-exercise snack	Vanilla milk shake	8 ounces	254	Consumption of milk shake is a good strategy for providing protein and carbohydrate to prepare muscles for next day, to reduce muscle soreness, and to sustain energy balance.
<b>6-7 pm</b>	Dinner	Stewed beef Carrots, boiled Potato boiled, no skin Cranberry juice Water as desired	1 cup 1 cup 1 medium 1 cup	229 84 144 137	Dinner consists of foods desired by athlete. Water should be consumed with foods.
<b>7-10 pm</b>	School and Household activities	Water as desired			Relaxed activities including homework, discussions with friends and family, and household chores.
<b>10-11 pm</b>	Snack and Bed Time	Honeydew melon Ice cream, vanilla	1 cup ½ cup	64 191	Important to consume this snack to assure maintenance of blood sugar and energy balance.

**Meal Totals for Selected Nutrients**

Total Kcal:	2718	Iron (mg):	13.4	Vit C (mg):	322	Vitamin B12 (mcg):	5.89
Carbohydrate (gm):	457	Calcium (mg):	1176	Vit B1 (mg):	2.43	Folic Acid (dfe):	565.7
Protein (gm):	81	Zinc (mg):	12.9	Vit B2 (mg):	2.71	Vit A (rae):	2729
Fat (gm):	73	Magnesium (mg):	535.3	Niacin (mg):	27.46	Vit D (IU):	134.7
Sodium (mg):	4033	Potassium (mg):	5436	Vit B6 (mg):	3.26	Vit E (mg):	5.5

**Notes:** This young pairs skater must balance being small enough to manage the difficult individual skills of skating (spins, jumps, etc.) but also strong enough to do multiple lifts with his 115 pound female partner. This diet maintains a good energy balance throughout the day, and also maintains an anabolic-to-catabolic hourly ratio of 1.0, which should enable this athlete to sustain muscle mass and weight. Working food and activity into a school day is particularly difficult for many young athletes, and requires planning.

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