

Lecture # 2

Adjusting Caloric Needs

Dr. Megan Rothermel

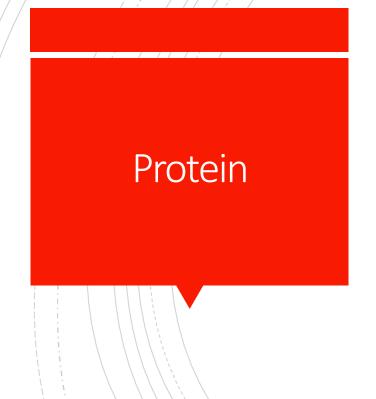
mrothermel@desu.edu

Balancing Energy Intake with Expenditure

- Energy = CALORIES
- Calorie Deficit eating fewer calories than you burn weight loss
- Calorie Excess eating more calories than you burn weight gain
- Calorie Balance eating the same calories you burn maintain weight

Carbohydrates

- Lighter training days (shorter duration or lighter intensity) aim for 2-3 grams of carbs per pound of body weight throughout the day
- Heavier training days (longer duration or higher intensity) aim for 3-4 grams of carbs per pound of body weight throughout the day
- 1.5-2 grams of carbs per pound of body weight are recommended for off-season
- Complex Carbs are favored as they provide sustained energy (veggies, fruits, whole grains, beans, etc.)
- For recovery after a heavy workout, consume 0.5 grams of carbs per pound of body weight within 30 minutes of training – these can be simple or complex



- 1.2 1.5 grams per KG of body weight is recommended for both heavy and light training days
- 1.0 1.2 grams per KG of body weight is recommended for off season
- Protein can come from both animal and plant sources
- Meats, cheeses, yogurts, protein shakes
- Beans, lentils, nuts, nut butters
- For recovery after a heavy workout, consume 10-20 grams of protein within 30 minutes of training



- No need to adjust fat intake during training and off season as long as you consume within healthy limits
- Fat should be no more than 20 30% of daily calories
- Fat sources should favor plant-based mono & polyunsaturated fats – avocados, nuts, nut butters, olive oils, etc.
- Trained athletes who exercise regularly tend to use fat stores for energy easier than non-trained individuals – so consuming a little more fat is an easy way to increase calorie consumption

Male Calorie Needs

- Off-Season Needs
- 11-14 years 2500 calories/day
- 15-18 years 3000 calories/ day
- In-Season Needs
- 11-14 years increase by 500-750 calories
- 15-18 years increase by 500-750 calories

Female Calorie Needs

- Off-Season Needs
- 11-14 years 2200 calories/day
- 15-18 years 2200 calories/ day
- In-Season Needs
- 11-14 years increase by 400-700 calories
- 15-18 years increase by 400-700 calories

Other Considerations

- 2-4 servings of fruits daily micronutrients, vitamins, minerals
- 3-5 servings of vegetables daily micronutrients, vitamins, minerals
- Whole grains/complex carbs provide the sustained energy and more nutrients
- Lean proteins
- Healthy fats

