

A Female Athlete's Guide to Proper Fueling

1. Daily calorie goal

Weight in pounds \times 15-20 or weight in kilograms \times 33-44 = number of calories per day for weight maintenance

As a guideline:

15 calories per pound (33 calories/kg) for weight-class or appearance sports such as crew and gymnastics or for athletes who need to lose weight

16 to 17 calories per pound (35-37 calories/kg) for sports such as volleyball, tennis, and throwing sports

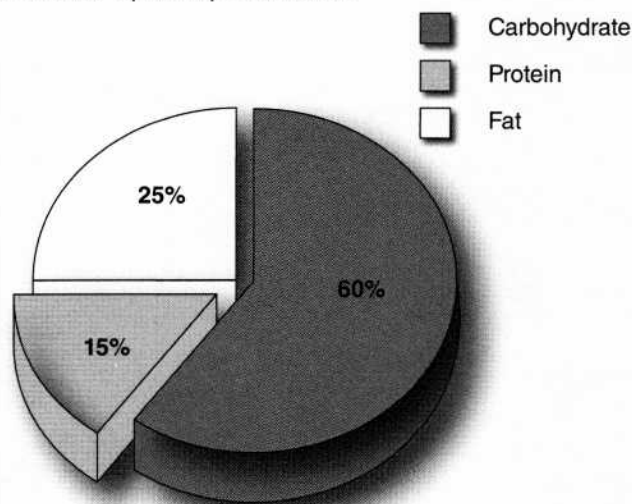
18 to 19 calories per pound (39-42 calories/kg) for track and field, basketball, and swimming

20 calories per pound (44 calories/kg) for cross country, soccer, and field hockey

[Weight (pounds) \times 20 or weight (kg) \times 44] - 300 = calories for weight loss

[Weight (pounds) \times 20 or weight (kg) \times 44] + 500 = calories for weight gain

2. Composition of the diet for optimal performance



Carbohydrate: 50 to 60 percent Protein: 15 to 20 percent Fat: 20 to 30 percent

Because a gram of carbohydrate or protein has 4 calories and a gram of fat has 9, you can calculate the daily requirements for carbohydrate, protein, or fat like this:

Carbohydrate requirements in grams = $.60 \times$ daily calories divided by 4

Protein requirements in grams = $.15 \times$ daily calories divided by 4

Fat requirements in grams = $.25 \times$ daily calories divided by 9

Example for Female Athletes

A 130-pound (60 kg) athlete would need 1,950 to 2,600 calories per day (weight in pounds \times 15-20 or weight in kg \times 33-44), which would be made up of the following:

- Carbohydrate needs: $.50$ to $.60 \times$ 1,950 to 2,600 divided by 4 = 243 to 390 grams of carbohydrate
- Protein needs: $.15$ to $.20 \times$ 1,950 to 2,600 divided by 4 = 73 to 130 grams of protein
- Fat needs: $.20$ to $.30 \times$ 1,950 to 2,600 divided by 9 = 43 to 87 grams of fat

General Recommendations for Females

Weight, lb (kg)	Calories	Carbohydrate selections	Protein selections	Fat selections
100 (45)	1,500-2,000	7.5-12	4-7	3-6
110 (50)	1,650-2,200	8-13	4-7	4-7
120 (55)	1,800-2,400	9-14	4.5-8	4-8
130 (60)	1,950-2,600	9.5-15	5-8.5	4.5-8.5
140 (64)	2,100-2,800	10-15	5-9	5-9
150 (68)	2,250-3,000	11-18	5.5-10	5-9.5
160 (73)	2,400-3,200	12-19	6-10.5	5.5-10
170 (77)	2,550-3,400	13-20	6.5-11	5.5-11
180 (82)	2,700-3,600	13.5-21	7-11.5	6-12
190 (86)	2,850-3,800	14-23	7.5-12	6-12.5
200 (91)	3,000-4,000	15-24	8-12.5	6.5-13

Refer to the lists of carbohydrate, protein, and fat food choices. The selections shown contain the following quantities of nutrients: carbohydrate food choices contain 25 grams of carbohydrate; protein food choices contain 15 grams of protein; fat-containing food choices have 10 grams of fat.

To construct a diet for optimal performance, circle the choices you like from each list and try to include a food from each category every time you eat.

Carbohydrate

- 1/2 large bagel
- 1 cup pasta (fist-sized portion)
- 3/4 rice (fist-sized portion)
- 1 cup (30 g) plain Cheerios
- A low-fat fruit muffin (tennis ball size)
- 1/2 cup (127 g) applesauce
- A 4-inch (10 cm) baked potato
- 2/3 cup corn
- Three fig bars
- 1 1/2 cups grapes
- One English muffin
- Two 4-inch (10 cm) diameter pancakes
- 1/2 cup (110 g) pudding
- Two handfuls of pretzels
- 1 cup (240 ml) juice
- 3/4 cup (175 g) frozen yogurt
- 16 ounces (480 ml) sports drink
- One packet flavored oatmeal
- 15 animal crackers
- One large banana
- One large apple, pear, or orange
- One granola bar
- 10 large marshmallows
- 1 ounce (30 g) licorice
- 1/3 cup (41 g) granola
- One Nutri-Grain cereal bar
- 10 jelly beans
- 16 ounces (480 ml) lemonade or fruit punch
- 3/4 cup (23 g) sweetened cereal
- 1/2 bag of microwave low-fat popcorn
- Eight vanilla wafers
- 1/4 cup (40 g) raisins

Protein

- Chicken (palm-sized portion)
- Beef (palm-sized portion)
- Fish (palm-sized portion)
- 2 ounces (60 g) canned tuna
- 1/2 cup (112 g) cottage cheese
- One soy burger
- 1 cup pinto beans
- Two slices of cheese
- Three slices of lunch meat
- Two eggs
- Hamburger or turkey burger (size of a mayonnaise jar lid)
- 1/2 cup (180 ml) egg substitute
- 8 ounces (250 g) tofu

High-Fat and High-Carbohydrate Foods

Try to limit! Not as performance boosting!

- Doughnuts
- Ice cream
- Most cookies
- Chocolate chips
- French fries

Double-Duty Foods

- Carbohydrate + protein
- Yogurt 8 ounces (230 g) = 50 grams of carbohydrate + 12 grams of protein
- Sports bars: Clif Bar, PowerBar, GatorBar
- Certain beverage supplements: Gatorade Nutrition Shake, Boost, Carnation Instant Breakfast
- Milk: 16 ounces (480 ml) chocolate milk = 50 grams of carbohydrate, 16 grams of protein
- Cheese pizza (two slices = 80 grams of carbohydrate, 16 grams of protein)