

Determining Daily Energy Needs

Matching your nutritional needs to your training level is fundamental for athletic success. Your individual nutrient requirements are based on genetics, gender, activity level, body size and the physical demands of your sport.

Use the chart below to estimate your energy needs. Then, use the suggested foods on the back to piece together a nutrient-rich diet. Recommendations will vary as each individual has different needs.

1. Determine Total Calorie Needs

Gender Factor	Daily Rate	Activity Factor	Total Calorie Needs
1.0 for Males 0.9 for Females	_____ lbs x 24 hours	{ 0.64 = Low 0.68 = Moderate 0.73 = High }	= <input type="text"/> KCAL ↓

2. How Many Grams of Carbohydrate?

_____ KCAL per day x 0.6 = CHO/KCAL

↓

_____ CHO KCAL ÷ 4 = CHO Grams

3. How Many Grams of Protein?

If your goal is to...

Build Muscle Mass _____ kcal per day x 0.16
Maintain Mass _____ kcal per day x 0.12

} = Protein KCAL

_____ protein KCAL ÷ 4 = Protein Grams

4. How Many Grams of Fat?*

_____ KCAL per day x 0.25 KCAL = Fat KCAL

_____ Fat KCAL ÷ 9 = Fat Grams

*Note: Some athletes may need up to 30% of total calories to come from fat, based on activity level.