



## Frequently Asked Questions regarding Nutrition in Athletics

*On average, how many calories do your athletes need to consume?*

Basal Metabolic Caloric Needs for Adolescents	
Age	Caloric Intake
<b>Males</b>	
14-18 y.o.	~2,200-3,500 Calories
19-22 y.o.	~3,500-5,500 Calories
<b>Females</b>	
14-18y.o.	~1800-2800 Calories
19-22 y.o.	~2,500-3,500 Calories

These are the basal metabolic caloric needs for adolescents in general, not specifically for adolescent athletes. However, it has been widely understood that NO female athlete at the high school level should be consuming under 2,000 calories/day. If a female student athlete is consuming under 2,000 calories/day it is widely understood that this athlete is not optimizing their full athletic potential due to nutritional/dietary restrictions.

(Weatherwax, 2016)

*On average, how much **protein** should your student athlete consume?*

- Males: 20-30grams of protein, every 3-4 hours, 5-6 times per day
- Females: 20-28grams of protein, every 3-4 hours, 4-6 times per day

(Weatherwax, 2016)

How many **carbohydrates** should your student athlete consume?

- Carbohydrate requirements are determined by the type of activity that your student athlete participates in! Please see the chart below for specific carbohydrate intake recommendations.



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Training Intensity	Duration	Carbohydrate Intake
Light/Low Intensity	-Skill Based Activities -No specific duration	3-5grams/kilogram of body mass
Moderate Exercise Program	~1 hour/day	5-7 grams/kilogram of body mass
High Endurance Exercise Program -Moderate-High Intensity Exercise	~1-3 hours/day	6-10 grams/kilogram of body mass
Very High Exercise Program -Extreme Exercise Commitment -Moderate- High Intensity of Exercise	~4-5 hours/day	8-12 grams/kilogram of body mass

(Academy of Nutrition and Dietetics, American College of Sports Medicine, & Dietitians of Canada, 2016)

What are the *most common nutritional deficiencies* found in athletes?

- In my experience, young adolescent athletes are most commonly found to be deficient in Vitamin D, Ferritin, and Vitamin B12. Also, it should be noted that these three deficiencies are not commonly examined in an athlete's annual pre-participation examination.

How many *hours of sleep* should high school athletes get per night?

- According to the National Athletic Trainers' Association, high school athletes should get a minimum of 7 hours of sleep a night, but 8 hours of sleep per night is the goal!

If you have any other questions please feel free to reach out.  
Sincerely,

Hailey Dugo UAT/ATC