

NUTRITION FOR SHORT DURATION AND HIGH-INTENSITY SPORTS

Sports like olympic weightlifting, gymnastics and powerlifting require explosive power, so your nutritional needs will have to account for this. These general recommendations for the three macronutrients that make up your diet are designed to help you perform at your best at every competition.

1.2 grams per kilogram of body weight, for muscle gain aim in the higher range (1.8-2.0 g/kg). Each gram of protein = 4 calories.

At least 55% of daily calories from whole grains, fruits, and starchy vegetables. Each gram of carb = 4 calories.

20-35% of total daily calories for heart health. Choose foods low in saturated fats. Each gram of fat = 9 calories

Total Daily Calories

=

Protein

+

Carbs

+

Fat

Example

Total Daily Calorie needs = 2100 calories

Bodyweight = 185 pounds

$185 / 2.2 = 84 \text{ kg}$

=

Goal: maintain weight

1.2 grams/kg protein

$1.2 \times 84 = 100 \text{ grams of protein}$

+

$55\% \text{ of } 2100 = 1155 \text{ calories. Each carb contains 4 calories, so}$

$1155 / 4 = 289 \text{ grams of carbs}$

+

Now we can get the rest from our fats. Total calories from protein =

$(100 \times 4) = 400$

Total calories from carbs = 1155

Calories left =

$2100 - 400 - 1155 = 545 \text{ calories}$

9 calories per gram of fat = 61 grams of fat