

CALORIE INTAKE RECOMMENDATIONS FOR PLAYERS

The following tables provide information on the needed calorie intake of children, adolescents and young adults per day.

They further show the recommended composition of the calorie intake by proteins, fruits, vegetables, grains and dairy. Due to the naturally occurring physical differences between girls and boys, the calorie intake diverges after approximately the age of 3 years for girls and boys.

CALORIE INTAKE RECOMMENDATIONS			
Ages	2-3 boys and girls	4-10 girls	4-10 boys
Calories	1000-1400	1200-2000	1200-2200
Protein	2-4 ounces; 60-120 g	3-5 ounces; 90-150 g	3-5.5 ounces; 90-165 g
Fruits	1-1.5 cups; 130-200 g	1-2 cups; 130-260 g	1-2 cups; 130-260 g
Vegetables	1-1.5 cups; 130-200 g	1.5-2.5 cups; 200-330 g	1.5-3.0 cups; 200-390g
Grains	3-5 ounces; 90-150 g	4-6 ounces; 120-180 g	4-7 ounces; 120-210 g
Dairy	2 cups; 260 g	2.5 cups; 330 g	2.5-3 cups; 330-390 g

Calorie intake depends on the growth and the activity level; bigger amounts of food towards the later stages of the development.

CALORIE INTAKE RECOMMENDATIONS FOR PLAYERS

CALORIE INTAKE RECOMMENDATIONS		
Ages	10–14 girls	10–14 boys
Calories	1400–2200	1600–2600
Protein	4–6 ounces; 120–180 g	5–6.5 ounces; 150–195 g
Fruits	1.5–2 cups; 200–260 g	1.5–2 cups; 200–260 g
Vegetables	1.5–3 cups; 200–390 g	2–3.5 cups; 260–460 g
Grains	5–7 ounces; 150–210 g	5–9 ounces; 150–270 g
Dairy	3 cups; 390 g	3 cups; 390 g
Ages	14–18 girls	14–18 boys
Calories	1800–2400	2000–3200
Protein	5–6.5 ounces; 150–195 g	5.5–7 ounces; 165–210 g
Fruits	1.5–2 cups; 200–260 g	2–2.5 cups; 260–330 g
Vegetables	2.5–3 cups; 330–390 g	2.5–4 cups; 330–520 g
Grains	5–7 ounces; 150–210 g	5–9 ounces; 150–270 g
Dairy	3 cups; 390 g	3 cups; 390 g