



General nutrition guidelines for youth athletes

Calories

Boys	Not active	Somewhat active	Active
4 – 8 years old	1,200–1,400 calories	1,400–1,600 calories	1,600–2,000 calories
9 – 13 years old	1,600–2,000 calories	1,800–2,200 calories	2,000–2,600 calories
14 – 18 years old	2,000–2,400 calories	2,400–2,800 calories	2,800–3,200 calories

Girls	Not active	Somewhat active	Active
4 – 8 years old	1,200–1,400 calories	1,400–1,600 calories	1,400–1,800 calories
9 – 13 years old	1,600–2,000 calories	1,600–2,000 calories	1,800–2,200 calories
14 – 18 years old	1,800 calories	2,000 calories	2,400 calories

Hydration

Timing	Amount
2 – 3 hours before exercise	1 full bottle of water (600 mL)
15 minutes before exercise	1/3 to 2/3 of a bottle of water (200 – 400 mL)
During exercise (every 15 – 20 minutes)	1/4 to ½ of a bottle of water (150 – 300 mL)
After exercise	2.5 bottles of water(1.5L)
Daily water (fluid) intake	A little more than 4 bottles of water (2.6L)

Macronutrients

Macronutrient	Percentage estimate
Carbohydrates	60%
Proteins	15%
Fats	25%

Carbohydrates	Carbohydrates from fruits	Proteins	Fats
Oatmeal	Grapefruit	Eggs	Flaxseed
Yams	Apples	Chicken breast	Almonds
Brown rice	Blueberries	Salmon (wild Alaskan)	Avocado
Sweet potatoes	Cantaloupe	Turkey breast	Olive oil
Multigrain hot cereal	Oranges	Canned tuna (solid white)	Walnuts
White potatoes with skin	Bananas	Nuts (walnut, almonds, pecans)	Virgin coconut oil
100% whole wheat bread	Peaches	Pumpkin Seeds	Salmon (wild caught)
100% whole wheat pasta	Grapes	Tofu	Peanuts
Beans and lentils	Strawberries	Steak (grass fed beef)	Clarified butter
Cream of rice hot cereal	Pineapple	Flank steak (grass fed beef)	Ripe olives
Quinoa	Blackberries	Codfish	Peanut oil
Couscous	Plums	Greek yogurt	Hemp seed oil
Pumpkin	Pears	Rainbow trout	Pecans
Butternut squash	Acai berries	Broccoli	Almonds
Fresh Beets	Mango	Shrimp	Greek yogurt