

# TEEN NUTRITION BLUEPRINT

## bulking up, trimming down or both?

Make healthy choices

Whether you need to add some muscle or slim down for extra speed, start by calculating your calorie needs.

### Step 1

Determine your Resting Energy Expenditure by using this formula:

- **Males:** REE Calories =  $66.47 + 13.75 (\text{your weight in kg}) + 5 (\text{height in cm}) - 6.76 (\text{age})$
- **Females:** REE Calories =  $65.51 + 9.65 (\text{weight, kg}) + 1.84 (\text{height, cm}) - 4.68 (\text{age, yr})$



### Step 2

Determine your Sport Specific Activity Energy Expenditure by referring to this chart:

SPORT	AEE (Males)	AEE (Fem.)
Pick Up Basketball	1.9	1.8
Competitive Basketball	2.2	2.1
Baseball / Softball	1.9	1.8
Golf	1.6	1.5
Football	2.2	2.1
Soccer	2.2	2.1
Wrestling	2.0	1.9
Volleyball	1.8	1.7
Lacrosse	2.2	2.1
Field Hockey	2.0	1.9

SPORT	AEE (Males)	AEE (Fem.)
Ice Hockey	2.2	2.1
Bowling	1.2	1.1
Swimming	1.8	1.7
Rowing	2.4	2.3
Skiing	1.9	1.8
Weight Training	1.8	1.7
Horseback Riding	1.2	1.1
Track and Field	2.1	2.0
X Country Running	1.7	1.6
Cycling	1.5	1.4

### Step 3

Multiply your REE by your Sport Specific AEE to determine your Total Energy Expenditure.

#### To Lose Weight

- Consume your TEE minus 500 calories each day.
- Eat better, not less.
- Aim for 50-55% of your calories from carbs, 30% from protein, and 15-20% from fats.

#### To Bulk Up

- Consume your TEE plus 500 calories each day.
- Eat better foods and eat more often.
- Aim for 45-50% of your calories from carbs, 35% from protein, and 20% from fats. The extra protein provides muscle-building amino

#### Doing the Math

- Determine your weight in kilograms by dividing your weight in pounds by 2.2. A 180-pound male soccer player would weigh 81.6 kg.
- Determine your height in centimeters by multiplying your height in inches by 2.54. A 6'4" basketball player is 76 inches tall. This would equate to 193 centimeters.