

Calculating carbohydrate (CHO) requirements:

Recommended daily carbohydrate intake ranges from 3 to 12 g/kg body weight.

Type of Activity	Recommended Carbohydrate Intake, g/kg
Very light training program (low-intensity or skill-based exercise)	3-5
Moderate-intensity training programs, 60 min./day	5-7
Moderate to high-intensity endurance exercise, 1-3 hour/day	6-10
Moderate to high-intensity exercise, 4-5 hour/day	8-12

Example:

150 pound female athlete $\div 2.2 = 68$ kg

68 kg $\times 7$ g/kg = 476 g carbohydrate

Calculate your carbohydrate requirements:

Your weight in pounds: _____ $\div 2.2 =$ your weight in kg: _____

Your weight in kg: _____ \times your CHO recommendations: _____ g/kg = _____