

## Diet prescription for a 24-year-old female athlete:

Calories: 2,500 kcal/day

Carbohydrates: 6 g/kg

Protein: 1.2 g/kg

Fat: ~1.0 g/kg

Discretionary calories: ~180 kcal/day

### Food Intake Pattern (<http://www.choosemyplate.gov>)



### Sample One-Day Menu using above Food Intake Pattern ~2,400 calories:

Breakfast:	1 cup bran flakes cereal 1 banana 8 ounces nonfat or low-fat milk 8 ounces orange juice 1 slice whole wheat toast 1 tablespoon margarine
Lunch:	Tuna salad made from 3 ounces canned tuna in water, 1 tablespoon mayonnaise, and ½ stalk celery 1 slice tomato 2 slices whole wheat bread 1 tablespoon mayonnaise 1 pear 8 ounces nonfat or low-fat milk 1 oats and honey granola bar
Dinner:	1 cup green salad with 1 tablespoon oil and vinegar dressing and ½ ounce almonds 3 ounce chicken breast ½ cup sweet potato ½ cup green peas 2 whole wheat dinner rolls 2 tablespoons margarine 1 cup water
Snack:	1 cup low-fat fruit yogurt 3 sliced dried apricots

This sample menu contains ~2,400 calories, 339g carbohydrates, 112g protein, and 75g fat.