

Estimated Total Daily Carbohydrate Intake Based on Body Weight

Weight lb (kg*)	5 g/kg	6 g/kg	7 g/kg	8 g/kg	9 g/kg	10 g/kg
85 to 95 (39 to 43)	195-215	234-258	273-301	312-344	351-387	390-430
96 to 105 (44 to 48)	220-240	264-288	308-336	352-384	396-432	440-480
106 to 115 (48 to 52)	240-260	288-312	336-364	384-416	432-468	480-520
116 to 125 (53 to 57)	265-285	318-342	371-399	424-456	477-513	530-570
126 to 135 (57 to 61)	285-305	342-366	399-427	456-488	513-549	570-610
136 to 145 (62 to 66)	310-330	372-396	434-462	496-528	558-594	620-660
146 to 155 (66 to 70)	330-350	396-420	462-490	528-560	594-630	660-700
156 to 165 (71 to 75)	355-375	426-450	497-525	568-600	639-675	710-750
166 to 175 (75 to 79)	375-395	450-474	525-553	600-632	656-711	750-790
176 to 185 (80 to 84)	400-420	480-504	560-588	640-672	720-756	800-840
186 to 195 (84 to 89)	420-445	504-534	588-623	672-712	756-801	840-890
196 to 205 (89 to 93)	445-465	534-558	623-651	712-744	801-837	890-930

Legend: lb = pound; kg = kilogram; g/kg = gram per kilogram body weight

*Weight in kg rounded to the nearest whole number

Reference: Dunford M, Doyle A. Nutrition for Sport and Exercise, 2nd edition. Wadsworth Publishing: 2008.