

Diet Plan

Calorific Amounts

Protein

(1g = 4 Calories)

Fat

(1g = 9 calories)

Carbohydrate

(1g = 4 calories)

Generally a balanced diet would consist of the following amounts:

- 45% Carbohydrates
- 35% Protein
- 15% Fat

We can work out how many grams we need per day – by first working out what we want to achieve; these figures are not perfectly achievable in practical life, however they are an indicator of our consumption – and should be followed as closely as possible.

1) For growth

1g -1.2g of Protein for every kg of body mass

Example 1:

Max weighs 60kgs; he must take 1.0g - 1.2g of protein for each kilogram of body mass; Max will take 60g - 72g of protein daily. (Main increase in lean muscle, this will only work if Max undertakes a proper weight training/strength programme)

From this we can work out how much fat and carbohydrate intake we need- with reflection on our calorific amounts.

Example 2:

Max takes 60g of protein per day (this is equivalent to 240 Calories)

Protein makes up 35% of our balanced diet

240 Calories/35 = 6.857 (1%) say; 6.9

(Protein: $60/4 = 15\text{g approx}$)

Carbohydrates = $6.9 \times 45 = 310$ Calories (45%)

(Carb's: $310/4 = 77.6\text{g approx}$)

Fat = $6.9 \times 15 = 103.5$ Calories (15%)

(Fat: $103.5/9 = 11.5\text{g approx}$)

2) To maintain Body Weight

The Recommended Daily Allowance (RDA) for protein intake is 0.8g per kg

(These figures are based on an average sedentary Westerner –adult male)

Example 3:

Max weighs 60kgs; he takes 0.8g of protein per kg of body mass;

$60\text{kgs} \times 0.8 = 48\text{g}$ also; $48/35 = 1.37$ (1%)

(Protein: $48/4 = 12\text{g}$)

Carb's = $1.37 \times 45 = 62\text{g}$

(Carb's: $62/4 = 15.5\text{g}$)

Fat = $1.37 \times 15 = 21\text{g}$

(Fat: $21/9 = 2.3\text{g}$)

These figures can vary dependant on lifestyles and how active the individual actually is, the more active you are the more energy you need- hence an increase in calories.

(It is common for individuals on serious weight gain diets to consume 1500 - 2000 calories per day)