



Nutritional Profile

Calorie Requirements

Average Daily Intake

Calories:

Daily Requirements

For Baseball

Calories:

CARBOHYDRATES

Calorie Requirements

For

BASEBALL

Calories Per Day:

Grams Per Day:

FAT

Calorie Requirements

For

BASEBALL

Calories Per Day:

Grams Per Day:

Calories

Burned Playing Baseball

Per 30 Minutes

Body Wt.	Cal Burned
105	122
110	128
115	134
120	140
125	146
130	152
140	164
150	176
160	188
170	198
180	210
190	222
200	234
210	246
220	258
230	270
240	280
250	292

Calories & Fluid Facts

If athletes don't eat enough food or calories their body protects itself by slowing down.

Fluid is the most important nutrient for athletes. Fluid is second in importance only to the need for oxygen.

PROTEIN

Calorie Requirements

For

BASEBALL

Calories Per Day:

Grams Per Day:

FLUID

Requirements

For

BASEBALL

Ounces Per Day:

Cups Per Day:

Cups on Hot Days:

This is not intended to replace professional medical advice.