

Nutritional Profile

Calorie Requirements

Average Daily Intake
Calories:

Daily Requirements
For Soccer

Calories:

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.

CARBOHYDRATES

Calorie Requirements
For Soccer

Calories Per Day:
Grams Per Day:

PROTEIN

Calorie Requirements
For Soccer

Calories Per Day:
Grams Per Day:

FAT

Calorie Requirements
For Soccer

Calories Per Day:
Grams Per Day:

FLUID

Requirements
For Soccer

Ounces Per Day:
Cups Per Day:
Cups on Hot Days:

Calories Burned Playing Soccer Per 30 Minutes

Body Wt.	Cal Burned
105	164
110	172
115	180
120	188
125	196
130	202
140	218
150	234
160	250
170	266
180	280
190	296
200	312
210	328
220	344
230	358
240	374
250	390

This is not intended to replace professional medical advice.

