

# Factors Affecting an Athlete's Nutrition

Age

Genetics Gender

Resting Metabolic Rate

The Thermic Effect of Food

Total Body Weight Lean Body Weight

Body Fat Percentage Current Physical Condition

Type of Exercise Performed including Intensity and Duration

Skills and Practice Schedule and Frequency Game Times and Game Schedule

Heat Index and Altitude Daily Activity and Sleep Schedule Dietary Disorders

Listed below is my nutrient guideline to use as a starting point to build your nutritional program. They do not supersede the advice of your doctor or dietitian if you have any type of dietary disorder, illness, or food allergy.

## Physical Development and Sports Performance Nutritional Breakdown

**Protein 25%**

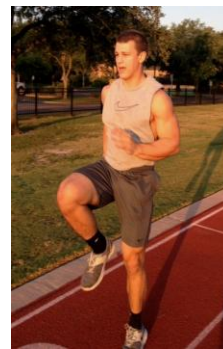
Lean Animal and Fish Source Protein

**Carbohydrates 60%**

Unprocessed Complex Carbs / Grown not Processed

**Fats 15%**

Unsaturated Plant Source / No Animal Fats



Cross train with the proper balance of anaerobic (*i.e. weight training*) and aerobic-type exercise (*i.e. track and field*) for your specific goals.