

MVT FOOTBALL SPORTS NUTRITION ASSIGNMENT STEPS TO DETERMINE DAILY NUTRITION AND CALORIC INTAKE

You **MUST** have an email address and internet connection. Do it at home, with a teammate or you can use library computers.

Step 1: Go to www.nsga.com

Step 2: Scroll down and look on the right side for “Sports Nutrition Education Program”—it is a green box—and click on it.

Step 3: On left side, click the link that says, “Register”

Step 4: Click on “USA”

Step 5: Fill out the info with the red asterisks next to it, using your email address and you can make up your own password. Click “Submit”

Step 6: Once registered, under the “Menu” on left side, click “Daily Calorie Estimation”

Step 7: Fill out the information. Make sure you select “Very Active” and “Power” for activity level and athlete type. And click, “Submit”

The info you receive now is what we need to pay special attention to.

“Resting Energy Expenditure” is the amount of calories you need with **NO** activity.

“Resting Energy Expenditure and daily physical activity” is the amount of calories you need daily with activity to maintain current body weight.

To **GAIN BODY WEIGHT**, you must **ADD** 500-700 calories per day to the “Resting Energy Expenditure and daily physical activity”.

WRITE DOWN the amounts of ‘Carbohydrates’, ‘Protein’ and ‘Fat’ that you must intake on a daily basis on the ‘Daily Food Journal’ sheet. These numbers should also be placed on the weekly dietary assessment sheet.

Your assignment is to track your caloric intake for a week. You must turn in 7 Daily Food Journal sheets, as well as 1 Weekly Dietary Assessment. This is REQUIRED!

To find calories: Use labels of foods, published sheets at restaurants or the internet. There are numerous ones, try www.fitclick.com, www.myfooddiary.com, www.calorieking.com or any other site.