

# Nutrition Facts for Gymnasts

Before puberty, minimum nutritional and energy requirements (caloric needs) are similar for boys and girls. As children age/mature energy requirements vary, depending on age, activity level and growth rate and stage of maturity. The table below lists;

Recommended energy requirements:

Age in Years	Male	Female
4 -6	1800 Cal/day	1800 Cal/day
7-10	2000 Cal/day	2000 Cal/day
11 -14	2500 Cal/day	2200 Cal/day
15-18	3000 Cal/day	2200 Cal/day

Recommended minimal fluid intake during and after exercise in child athletes base on one hour of activity.

Body Weight in pounds	Fluid Replacement During Exercise – in cups	Fluid Replacement After Exercise - in ounces
50	1.0	3.4
60	1.4	4.0
70	1.8	4.7
80	2.0	5.4
90	2.4	6.0
100	2.8	6.7
120	3.0	7.4
130	3.4	8.1
140	3.8	8.5

## Recipe for easy Carbohydrate drinks

1. 8 ounces of Coconut water with a pinch of salt
2. 4 ounces (or ½) of water and 4 ounces (or ½) of 100% Juice with a pinch of salt.

### References:

Purcell, LK, MD; et all. Sport nutrition for young athletes; Canadian Pediatric Society's Nutrition & Gastroenterology Committee.  
Eldridge, JP DC. 3 Critical Nutrition Tips Gyms Can Do to Improve Performance.  
Batra, S, Nutrition for Teen Female Gymnasts