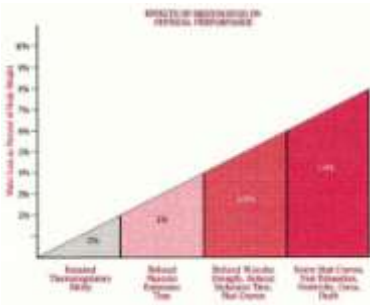


# SUPPLEMENTS



Supplement- something *added* to complete a thing, make up a deficiency or extend or strengthen the whole

**IN ORDER TO SUPPLEMENT YOU NEED TO BE AWARE OF WHAT IS MISSING AND WHY YOU NEED WHAT YOU DO TO HAVE A COMPLETE INTAKE.**

## WHAT DOES A HEALTHY DIET LOOK LIKE?

### Guideline for Average Teenage Calorie Intake

These are the guidelines set by the Institute of Medicine and include both children and teen calorie intake needs.

Gender	Age (years)	Sedentary	Moderately Active	Active
Child	2 - 3	1,000	1,000 - 1,400	1,000 - 1,400
Female	4-8	1,200	1,400 - 1,600	1,400 - 1,800
	9 - 13	1,600	1,600 - 2,000	1,900 - 2,200
	14 - 18	1,800	2,000	2,400
Male	4 - 8	1,400	1,400 - 1,600	1,500 - 2,000
	9 - 13	1,800	1,800 - 2,200	2,000 - 2,600
	14 - 18	2,200	2,400 - 2,800	2,900 - 3,200

IT IS IMPORTANT FOR THE CALORIES TO BE BALANCED. CHECK OUT THE FOOD PYRAMID TO SEE WHERE THEIR FOOD SHOULD BE COMING FROM AND ALSO THE CHART TO SEE HOW MUCH A SERVING IS.



THE GOAL IS TO GET THE RIGHT BALANCE OF VITAMINS, MINERALS, AND FLUIDS TO ACHIEVE OPTIMUM PERFORMANCE LEVELS.

TO DETERMINE THE AMOUNTS OF SPECIFIC VITAMINS, AND MINERALS ETC. CHECK OUT

[HTTP://KIDSHALTH.ORG/TEEN/FOOD\\_FITNESS/SPORTS/EATRUN.HTML#](http://kidshealth.org/teen/food_fitness/sports/eatrun.html#)

**DON'T FORGET HYDRATION!!**

The daily recommended fluid intake is 10 - 15 glasses (8oz/glass) depending on your age and sex. Females and younger people are at the lower end of the range while males are at the upper end of the range. Even the smallest fluid loss can result in negative consequences.

**NOW THAT YOU HAVE AN IDEA OF WHAT YOU SHOULD BE GETTING PAY ATTENTION TO HOW YOU ARE SUPPLEMENTING.**

**COMMON SUPPLEMENTS IN YOUNGER ATHLETES THAT YOU MAY NOT BE AWARE OF:**

**VITAMINS**

**CAFFEINE**

**COFFEE**

**SODA/POP**

**ENERGY DRINKS**

**PROTEIN SHAKES**

**THE KEY IS TO KNOW WHAT YOUR BODY NEEDS AND WHAT THE HEALTHIEST WAY TO ACHIEVE THAT IS, IN ORDER TO ENSURE OPTIMUM ATHLETIC PERFORMANCE.**

WHERE TO GET MORE INFORMATION:

[HTTP://KIDSHEALTH.ORG/TEEN/FOOD\\_FITNESS/SPORTS/EATNRUN.HTML#](http://kidshealth.org/teen/food_fitness/sports/eatnrun.html#)

[HTTP://WWW.NUTRITION.GOV/DIETARY-SUPPLEMENTS/DIETARY-SUPPLEMENTS-ATHLETES](http://www.nutrition.gov/dietary-supplements/dietary-supplements-athletes)

[HTTP://WWW.FITNESS.GOV/RESOURCES-AND-GRANTS/FIT-FACTS-AND-TIPS/FAST-FACTS.HTML](http://www.fitness.gov/resources-and-grants/fit-facts-and-tips/fast-facts.html)

[HTTP://WWW.WEBMD.COM/DIET/HEALTHTOOL-PORZION-SIZE-PLATE](http://www.webmd.com/diet/healthtool-portion-size-plate)

[HTTP://WWW.EXTENSION.IASTATE.EDU/NUTRITION/SPORT/FLUIDS.HTML](http://www.extension.iastate.edu/nutrition/sport/fluids.html)

[HTTP://WWW.NAL.USDA.GOV/FNIC/FPYR/PMAP.HTM](http://www.nal.usda.gov/fnic/fpyr/pmap.htm)