

# Dieta Sportiv

Barbat, 21 Ani, 1.87 m, 90 Kg

Activitate fizica grea (Bachetbalist)

N.E. 45 Kcal/Kg/24h => 45 Kcal x 90 = 4050Kcal/zi

Proteine: 1.6g/Kg Corp/Zi => 145g x 4Kca/gI = 580 Kcal

Lipide: 1g/Kg Corp/Zi => 90g x 9Kcal/g = 810

Glucide: 4050 – (576+810) => 2660 Kcal : 4Kcal/g = 665g Glucide

Fibre: 20-30g

Na: 2-3g/zi

Apa (Lichide): 3000-4000ml/24h

K: 2-4g/24h

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Masa	Aliment	P	G	L	F	Na	K
<b>Mic de Jun</b>	5 Feli Paine Integrala 250g	25g	270g	-	10g	1500mg	250mg
	150 g Muschi Tiganesc	39g	-	39g	-	1900mg	-
	Branza Telemea Oaie 50g	8.5g	0.5	8.5g	-	2500mg	-
	1 Ou Fiert 50g	7g	-	6g	-	62mg	67mg
	1 Rosie 100g	1g	4g	-	1.4	11g	237mg
	250 ml Fresh Portocale		37.5	-	-	-	500mg
<b>Gustare 1</b>	laurt 400g	12g	16g	8g	-	1600mg	-
	1Banana 100g	1g	18g	-	3.5g	0.5mg	358mg
<b>Pranz</b>	Ciorba Legume(Morcovi Mazare Telina) 50g	2g	7g	-	4.2g	22.6mg	100mg
	1 Lingura Smantana 30g	1g	1g	6g	-	30mg	42mg
	Gratar Piept Pui 150g	30g	-	7g	-	90mg	375mg
	Orez fiert 200g	6g	40g	-	0.8g	-	52mg
	Sare 3g	-	-	-	-	1000mg	-
	Salata de varza 200g	4g	10g	-	4.8g		392mg
<b>Gustare 2 (Preantrenament)</b>	1 Banana	1g	18g	-	3.5g	0.5mg	358mg
	1 Cioclata 61 g Snickers	5.6 g	33.8 g	17 g	0.8g	0.14 mg	-
	Stafide 150g	3g	106g	-	-	-	-
<b>Cina</b>	Paste 150 g	5g	30g	-	3.6g	-	-
	Sos Rosi 50 g				-	-	-
	1 Cana Ceai 250ml	-	-	-	-	-	-
	2 Lingurte Miere 20g	-	16g	-	-	1.16mg	10mg

+1000ml Apa minerala in cursul zilei

+2000ml Apa + 500ml Bautura carbohidrati la antrenamente

**Proteine: 148.1g**

**Fibre: 32**

**Glucide: 577.8g**

**Na: 5720 mg**

**Lipide: 91.5g**

**K: 2733 mg**