

How Many Calories In One Pound Of Fat?

There are 3500 calories in a pound of fat. In order to lose one pound of fat a week you must eat less and/or burn more calories (exercise aerobically). Let's assume you want to lose one pound of fat per week without exercising (bad decision). You must eliminate 3500 calories from your weekly intake to do this.

This caloric restriction must be spread out over seven days. Divide 3500 calories (one pound of fat) by seven days to determine how many fewer calories per day you must consume to lose one pound of fat that week.

$$\frac{3500 \text{ calories}}{7 \text{ days}} = 500 \text{ calories (take in 500 fewer calories per day)}$$

The answer? Take in 500 fewer calories per day than you need to maintain your body weight, and you'll lose one pound by the end of the week (500 calories x 7 days = 3500 calories = 1 pound of fat).

How Many Calories Per Day?

Now you must determine how many calories you need to maintain your body weight. A standard formula is used when **trying to lose fat**. This formula is different from the formula used once you've reached your ideal body weight.

Multiply your body weight times 15 calories. Then subtract 500 calories. This will give you the number of calories you must consume each day that week to lose one pound of fat.

Let's assume you weigh 250 pounds. Observe how you would utilize the above formula to calculate how many calories you must consume daily to lose one pound of fat in seven days.

$$\begin{array}{l} 250 \text{ pounds} \\ \times 15 \text{ calories (standard used when losing weight)} \\ \hline 3750 \text{ calories (number needed to maintain body weight)} \\ - 500 \text{ calories (deduction per day for 7 days = 1 lb. of fat)} \\ \hline 3250 = \text{number of calories to be consumed daily for one week} \end{array}$$

To lose one pound of fat in a seven day period you can only consume 3250 calories a day. At the end of the seven day period a one pound loss will be observed. To lose an additional pound the next week, and each succeeding week, you must recalculate the formula based upon your new body weight (249 pounds x 15 calories = 3735 - 500 calories = 3235 calories/day for the next seven day period).

Burning Calories Via Exercise

Do not lose more than a pound of fat per week through calorie reduction. Any additional fat loss should come from caloric expenditure (increased activity). To lose two pounds of fat per week (via calorie reduction) you must reduce your caloric intake by 1000 calories a day.

A 1000 calorie decrease from your normal daily intake may not provide you with an adequate amount of energy each day. Do not reduce your daily caloric intake by more than 500 calories. Any additional weight loss should come from exercise.

Water

The body is predominantly composed of water. All systems in the body are dependent upon water. Premature fatigue during a game and poor recovery are the result of not drinking enough water each day. Most athletes live in an under-hydrated state, which significantly decreases the efficiency of all systems in the body.

Dr. Pat Mann, nutritionist for the Washington Capitals, states, “*There is no fountain of youth, no magic pill or potion to enhance performance. But there is water.*” She adds, “*... few things cripple athletes faster than dehydration.*”

You don't need to be in an exhausted state to negatively impact your performance. Dr. Mann States, “*A one to two percent drop in body weight due to water loss can cause a 15% decrease in performance.*”

Athletes simply don't drink enough water. They contribute to the problem by consuming diuretics such as alcohol, coffee, tea, and caffeinated sodas. Athletes perspire profusely every day. You lose additional water simply by breathing. This water must be replaced. You should consume at least two extra quarts (eight 8 ounce glasses) of water every day above and beyond what you sweat to remain properly hydrated.

Water Tips For The Football Player

How do you know if your water intake is adequate? A rule of thumb you can use is the color of your urine. It should be almost clear in color. If it is bright yellow you're not drinking enough water.

When the body gets hot it perspires in an attempt to cool the blood down. About 50% of your body heat is lost through your head. During hot weather, you should remove your helmet whenever possible (TV time-outs, measuring for a fist down). Expose your skin as much as possible (pull your socks down when you're off the field, remove your pads at half-time, replace sweat drenched clothing, don't wear a bandana).

You also need to drink during cold weather. Often the urge to drink when you're cold is suppressed, but proper hydration is still critical.

On an airplane you breathe re-circulated air, which is drier than the air you breathe outside. This re-circulated air is inhaled into your lungs and causes rapid dehydration. One liter of water is lost during every 3-1/2 hours of flying time. Dehydration during air travel is magnified if you drink coffee, tea, or caffeinated soda. Be sure to replace this water.

A football player should drink 20 ounces of water two hours prior to kickoff, and about eight ounces every 15 minutes throughout the game.

Often at dinner parties the topic of conversation turns to fitness and supplements. You can join in and tell your friends that the best supplement you take is water.

2500 CALORIES

Breakfast

Serving/Cal.

Raisin bran cereal
237

2% milk
60

orange juice

Serving/Cal.

2 cups 315

4oz. 60

8oz. 112

2500 CALORIES

Breakfast

waffles 2

2% milk 4oz.

banana 1

104

Lunch

| | | |
|----------------------|-------|-----|
| Turkey sand.on wheat | 2 | 588 |
| 365 | | |
| Pretzels thin twist | 8 | 185 |
| 160 | | |
| Diet cola | 12oz. | 0 |
| 71 | | |

Dinner

| | | |
|------------------------|------|-----|
| Baked chick. Breast | 2 | 282 |
| 334 | | |
| Baked potato w/ butter | 2 | 500 |
| 35 | | |
| Tossed garden salsd | 1 | 35 |
| 15 | | |
| Lite Italian dressing | 3tsb | 15 |
| 3slices | | 255 |
| Iced tea-sweetened | 12oz | 132 |
| 180 | | |

Snacks

| | | |
|-----------------|---|-----|
| Apple | 1 | 80 |
| 131 | | |
| Graham crackers | 2 | 112 |
| 250 | | |

Popcorn airpop w/butter 1cup 86

321

TOTAL 2502 calories

3,500 CALORIES

Breakfast

Serving/Cal.

| | | |
|--------------------------|---------|-----|
| French toast w/but syrup | 2pieces | 319 |
| 222 | | |
| Orange juice | 16oz. | 224 |
| 201 | | |
| Banana | 1 | 104 |
| 208 | | |

Lunch

| | | |
|-----------------------|-------|-----|
| Turkey sand. on wheat | 2 | 588 |
| slices | | 704 |
| Tossed garden salad | 1 | 35 |
| 15 | | |
| Seedless grapes | 1 cup | 113 |
| 100 | | |
| Fruit punch drink | 12oz. | 177 |

Dinner

| | | |
|--------------------------|-------|-----|
| Baked white fish w/lemon | 12oz. | 308 |
| 282 | | |
| Baked potato w/butter | 2 | 500 |
| 217 | | |
| Long grain white rice | 1cup | 267 |
| 302 | | |

Lunch

| | |
|----------------|-------|
| tuna sand. | 1 |
| vegetable soup | 2cups |
| orange | 1 |

Dinner

| | |
|-----------------------|------|
| spag. w/mt sauce | 1cup |
| tossed garden salad | 1cup |
| lite Italian dressing | 3tsb |
| Italian bread | |
| Gator. sports drink | 24oz |

Snacks

| | |
|-----------------------------------|----------|
| fresh fruit salad | 1cup |
| baked potato w/but. | 1 |
| <u>pnut. but/jel. sand</u> | 1 |

2518

3,500 CALORIES

Breakfast

| | |
|---------------------|-------|
| scrambled eggs | 2 |
| wheat toast w/jelly | 2 |
| apple juice | 16oz. |

Lunch

| | |
|-----------------------|-------|
| cheese pizza | 4 |
| lite Italian dressing | 3tsbp |
| regular cola | 12oz. |

Dinner

| | |
|---------------------|-------|
| bak. chicken breast | 2 |
| mash. pot. w/gravy | 1 cup |
| corn/whole kernel | 1cup |

Green string beans 1cup 60
191
2% milk 8oz. 120
163

Snacks

Corn flakes 1cup 120
.180
2% milk 4oz. 60
160
fresh fruit salad 1 cup 131
224

chocolate pudding 1cup 320

321

TOTAL 3,512 calories
calories

whole wheat roll 2
lemonade 12oz.

Snacks

Gatorade drink 24oz
apple 2
graham crackers 4

pnut. but/jelly and. 1

TOTAL 3,525

4,500 CALORIES

Breakfast

| <u>Serving/Cal</u> | <u>Serving/Cal.</u> |
|--------------------|---------------------|
| Frosted flakes 520 | 2cups 298 |
| 2% milk 164 | 8oz. 120 |
| orange juice 187 | 16oz. 224 |
| banana 71 | 1 104 |

Lunch

| | |
|------------------------------|-----------|
| Roast beef sand. w/gravy 730 | 1 421 |
| Baked beans 170 | 1 cup 236 |
| Thin twist pretzels 270 | 15 344 |
| Apple 131 | 2 160 |
| Gatorade sports drink 176 | 24oz. 180 |

Dinner

| | |
|----------------------------|-----------|
| Spaghetti w/meat sauce 435 | 2cups 668 |
| Tossed garden salad 217 | 1 35 |
| Whole wheat roll 164 | 4 381 |
| Iced tea/sweetened 120 | 16oz. 176 |

Snacks

Seedless grapes 321
Chunky chicken soup 208
1.5cup 267

4,500 CALORIES

Breakfast

| | |
|-----------------------|---|
| pancakes 1 | 1 |
| poached eggs 2 | 2 |
| eng. muffin w/jelly 1 | 1 |
| orange 1 | 1 |

Lunch

| | |
|-------------------------|------|
| tuna sand. on wheat 2 | |
| chili 1cup | 1cup |
| ritz crackers 15 | 15 |
| fresh fruit salad 1cup | 1cup |
| iced tea/sweetened 16oz | 16oz |

Dinner

| | |
|-------------------------|--------|
| meat loaf 1/2lb. | 1/2lb. |
| potatoes w/gravy 1cup | 1cup |
| mixed veg.w/butter 1cup | 1cup |
| 2% milk 8oz. | 8oz. |

Snacks

pnut but/jelly sand. 1
banana 2

| | | | | |
|----------------------------|-------|-----------------------|-----------------|--------------|
| Raisin bagel w/pnut butter | 1 | 292 | animal crackers | 20 |
| | | | | |
| Fresh fruit salad | 2cups | 262 | grape juice | 12oz. |
| | | | | |
| <u>255</u> | | | | |
| TOTAL | | 4,502 calories | TOTAL | 4,509 |
| calories | | | | |

KEY POINTS TO REMEMBER

1. **More fraud exists in the area of nutrition than in any other segment of the fitness industry.**
2. **In most cases athletes are not reliable sources for nutrition information.**
3. **Testimony is an opinion not based on fact or reliable scientific research**
4. **Supplements are not more effective than the food you buy at the grocery store.**
5. **Carbohydrates are the best source of energy.**
6. **Only 25% of your daily calories should come from fat.**
7. **Vitamins do not provide energy.**
8. **A 1% - 2% drop in body weight due to water loss can cause a 15% decrease in performance.**
9. **There are 3500 calories in a pound of fat.**
10. **A sauna and a rubber suit cause you to sweat and lose water, not fat.**
11. **Spot reducing is impossible.**
12. **There are nine calories in a gram of fat and only four calories in one gram of carbohydrate.**
13. **The body can eat most foods in moderation.....BALANCE is the key.**

Read The Label!

Players ask, what foods should I eat? Give me a diet! When a daily menu is provided few players are willing to eat the exact foods, in the amounts listed, and take the time to prepare the food in the manner suggested. The answer is to learn to eat the foods you would normally eat, in the appropriate amounts, and make minor modifications to ensure good quality and a balanced diet.

You must become more aware of the caloric value of the foods you eat. You can do this by purchasing a **calorie counter** at the grocery store. A calorie counter is a small booklet that lists hundreds of foods, and the number of calories from fat, carbohydrates, and protein found within those foods.

Most food packaging provides nutritional information on the label. This label lists how many calories are in a serving, as well as the grams of fat, carbohydrates, and protein. You can easily determine how many calories in that serving come from fat, carbohydrate, and protein once you know how many calories are in each.

The caloric value of each is listed below:

| | | |
|-----------------------------------|----------|-------------------|
| 1 gram of fat (f) | = | 9 calories |
| 1 gram of carbohydrate (c) | = | 4 calories |
| 1 gram of protein (p) | = | 4 calories |