What Athletes Eat

Can you eat a whole pizza? That’s a lot of food! But some athletes have to eat a lot. And others eat very little. Their special diets help them win!

Most men need 2,500 calories per day. Women need 2,000. But athletes cannot eat like average people. For example, Michael Phelps needs 12,000 calories a day! He is a swimmer. Phelps burns many calories at practice. That’s why he needs so many. For breakfast, Phelps eats three egg sandwiches. He also eats an omelet with five eggs. But that’s not all! He also eats pancakes and French toast, too. He has two sandwiches for lunch. Then, he eats a bowl of pasta. For dinner, he eats an entire pizza and more pasta. It’s a lot. But Phelps has 16 Olympic medals. So his diet works!.

Kim Yu-na has an Olympic medal, too. She is a figure skater. But she eats like a bird. She needs only 1,200 calories each day. Kim cannot gain any weight. That’s why she eats so little. Kim eats rice and soup for breakfast. For lunch, she drinks soy milk. And she has fruits and vegetables. Then, Kim eats cereals, fruits and vegetables for dinner.