

## **Estimating Quantities of Food**

Use these guidelines to determine how much food you'll need. Where normal caloric requirements may be between approximately 2,000 and 2,800 Calories/day/person, the energy requirements for a strenuous or high adventure trip are 3,000 - 5,000 Calories/day/person and winter treks require 1,000 MORE Calories/day than summer treks. This translates to about 2 - 2.5 lbs. of (lightweight) food per day per person, and the food should be nutritionally balanced at about 50% carbohydrates, 25% fats and 25% protein.

## **Nutrition**

**Carbohydrates** are easily digested and release energy in minutes, but their energy is rapidly consumed. During cold, wet weather it is important to continuously stoke up with carbohydrates and it is recommended that you eat lunch "from breakfast to dinner" or snack frequently on carbohydrates during the day. Carbohydrates come from starches (potatoes, rice, pasta), cereals, fruit, nuts (trail mix or gorp!), honey and candy (esp. hard candy).

**Protein** is more difficult to digest and the energy boost takes longer to take effect. High protein foods should be taken in small amounts during the day and concentrated at the evening meal so energy is available for "body repair" and generating body heat while you sleep. Meat is high in protein and are particularly recommended for winter camping. Jerky is a great trail snack for late in the day as you set up camp. Foods high in protein (other than meats) include instant milk (add to your instant oatmeal, which also has protein, and to your hot cocoa and packaged pasta mix), nuts (peanut butter), and cheese.

**Fats** produce energy that is consumed by the body over comparatively long periods and have over twice the energy of proteins. Carbohydrates and protein-rich foods tend to be more light-weight than fatty foods, but the fats are essential to keep your metabolism running high in the cold weather. Fats, like proteins, are harder to digest, so they should be consumed in small quantities during the day and most of the daily fat intake should be concentrated in the dinner menu.