

Diet & Nutrition



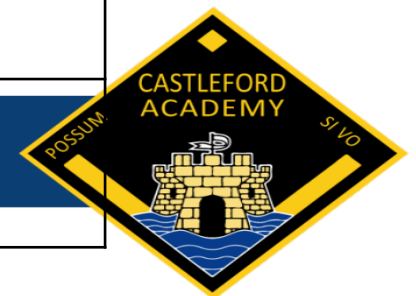
What makes up a balanced diet?

MY VERY FAT WAITER FRY'S POTATO CHIPS

- Minerals
- Vitamins
- Fibre
- Water
- Fats
- Proteins
- Carbohydrates



Nutritional element	Found in	Role (what each does)	Importance to health	Importance to performance
Carbohydrates				
Protein				
Fats				
Vitamins				
Minerals				
Fibre				
Water				



Nutritional element	Found in	Role (what it does)	Importance to health	Importance to performance
Carbohydrates	Bread, rice, pasta, biscuits, fruit	Quick release energy (starch) Slow release (sugar)	Gives you energy to carry out daily tasks so you don't feel fatigued	Important for a runner to work for a prolonged time
Protein	Animal=meat Plant = beans/pulses	Build and repair muscle tissue	Needed to maintain good physical health after exercise	Important for strength athletes such as rugby players
Fats	Butter, cooking oils, cheese	Provide energy to help muscles work	Gives you energy to carry out daily tasks so you don't feel fatigued	Important for a runner to work for a prolonged time
Vitamins	Fruit & veg	Water soluble Fat soluble and maintains health	Good vision, skin, healing, blood function	Important for red blood cell formation so oxygen can be transported well
Minerals	Dairy, Meat	Maintains good health of bones and red blood cells	Needed to maintain good physical health e.g. less chance of osteoporosis	Iron is important for red blood cells oxygen carrying capacity



Nutritional element	Found in	Role (what it does)	Importance to health	Importance to performance
Fibre	Veg	Aids digestion	Needed to maintain good physical health due o to aiding digestion	Aids digestion so you feel well enough to perform
Water	Water	Makes up half your body weight and main component of cells. Without it your body cannot function	Important to regulate body temperature	Prevents dehydration and important for oxygen transportation



Macronutrients

Carbohydrates

- Provides energy.
- Athletes in training will eat more.

Fats

- It provides energy.
- Too much saturated fat can lead to heart disease.

Protein

- Builds and repairs muscle.
- Athletes need this to repair damaged muscle cells.
- 'Power' athletes such as weight lifters will eat more protein.



Micro Nutrients

Type of Micronutrient	Example	Benefit
VITAMINS	Vitamin D (meat and dairy)	Improves the body's absorption of calcium to help strengthen bones.
MINERALS	Calcium (milk)	Can help strengthen bones. Lack of calcium can lead to osteoporosis.

