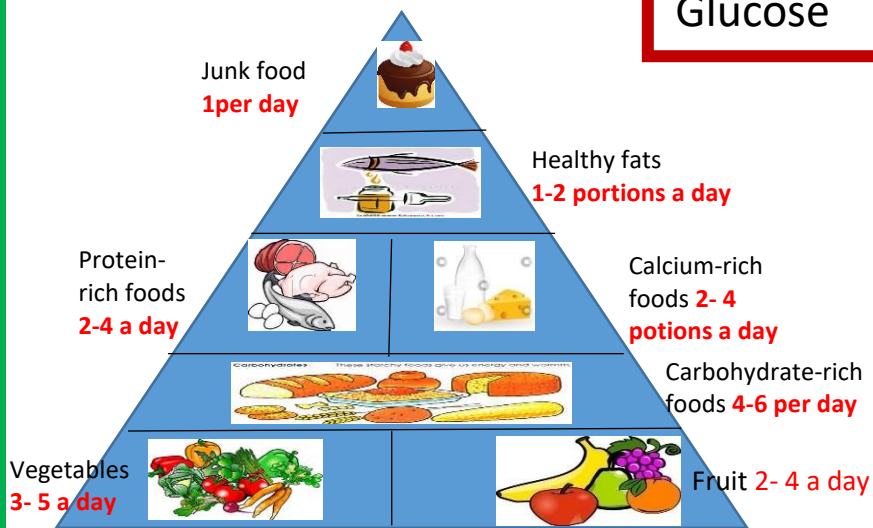
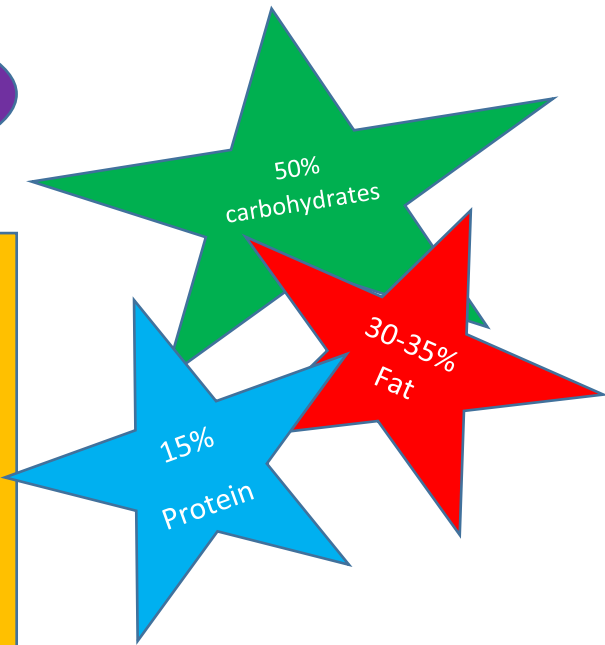


A Balanced diet = intake of the right amount or level of energy that the body needs in its expenditure of energy.

Carbohydrates	} Known as macronutrients - essential nutrient required on a large scale to help body functions
Protein	
Fats	
Water	} Known as micronutrients - nutrients required on a small scale (trace minerals) to maintain body functions
Vitamins	
Minerals	
Fibre	



Ensuring the body has enough glycogen is crucial for optimum energy supply

Carbo-loading

- ▶ Cut down on carbohydrate for 3 days and just eat protein and fat.
- ▶ Then do some light training.
- ▶ Then eat high amounts of high-carbohydrate diet for three days leading up to the event.

<b>Carbohydrates</b>	Primarily involved in <b>energy</b> production. Two forms: <b>Simple</b> , which provide quick energy and <b>Complex</b> which provide slow releasing energy. Used during high intense
<b>Fats</b>	Major source at <b>low intensity</b> exercise. Insulate the body. Two forms: <b>Saturated</b> which is in the form of a solid and from animal sources. <b>Unsaturated</b> , which is in the form of a liquid and from plant sources.
<b>Protein</b>	Known as <b>building blocks</b> for the body and essential for repair. Production of haemoglobin. Examples include meat, fish and poultry
<b>Vitamins</b>	Needed in small quantities. Vital in production of <b>energy</b> and prevent disease. Found in fresh fruit and veg
<b>Minerals</b>	Essential for health and for chemical reactions. Important minerals include iron and calcium
<b>Fibre</b>	Important for the digestive system and for <b>waste to be excreted</b> effectively

**Water and Hydration**

- Crucial for good health; particularly for athletes
- Carries nutrients in the body and helps remove waste products
- Important for regulating body temperature
- Body loses water through urine and sweat
- Daily consumption should be about 2 litres
- Athletes should consume more and drink during prolonged exercise to minimise dehydration and slow the rise in body temperature
- Should be chosen over a sports drink
- Best to drink small amounts regularly even if not thirsty

Factors for athletes to consider

- Timing of meals to fit around training
- Consume carbohydrates 2-4 hours before exercise
- Consume a small amount within the first half hour of exercise
- Eat straight after exercise for up to two days