



# A HEALTHY DIET

2º ESO PHYSICAL EDUCATION



# CARBOHYDRATES

- Carbohydrates are high in glucose (energy) and are stored in the liver and kidneys.
- They are the most readily available form of energy.
- Energy can be stored in the form of carbohydrate.
- They are important for endurance athletes, who need large stores of energy.
- Eating large amounts of carbohydrate-rich food is often referred to as carb-loading.



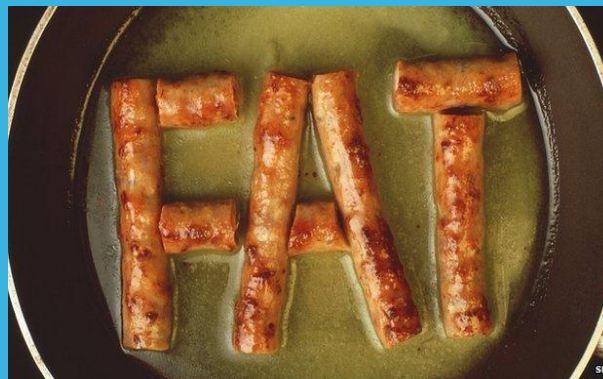
# PROTEIN

- Protein supplies approximately 10 per cent of daily energy requirements.
- It also assists in tissue growth and blood hemoglobin levels.
- Protein should be approximately one-sixth of the daily calorific intake.
- It is found in red meat, dairy products, fish, poultry, beans and pulses.



# FATS

- Fats supply around 70 per cent of our energy requirements.
- Fat is the body's preferred energy source (other than intensive bursts).
- Excessive fat is stored in the body tissues and causes obesity
- No more than one-third of our daily nutritional needs should be in the form of fat



# MINERAL

- Minerals are required by the body for building tissue.
- The most common ones are:
  - + calcium – forms bones and teeth
  - + sodium – regulates body fluids
  - + iron – helps in the transport of oxygen by red blood cells
  - + iodine – use in hormone formation



# VITAMINS

- Vitamins occur in two main groups:
  - + fat soluble vitamins – vitamins A, D, E and k
  - + water soluble vitamins – vitamins B and C
- They help in the following ways. They:
  - + aid growth
  - + increase resistance to infection
  - + regulate certain of the body´s functions
  - + help the metabolism of certain foods and help to avoid deficiencies.



## DID YOU KNOW?

That it is dangerous to take vitamin supplements in excess of the recommended daily requirements.



# FIBRE

- Fibre regulates the digestive system.
- It helps to retain water.
- It is an important component in the removal of waste products.



# WATER

- Water helps to remove unabsorbed food and other waste products.
- It is essential for the body's chemical reactions.
- Water assists in turning stored fat into energy.
- Water reduces sodium build-up in the body.
- It helps to maintain muscle tone.
- It helps rid the body of waste and toxins.

## DID YOU KNOW?

That our bodies are more than 70 per cent water.





