

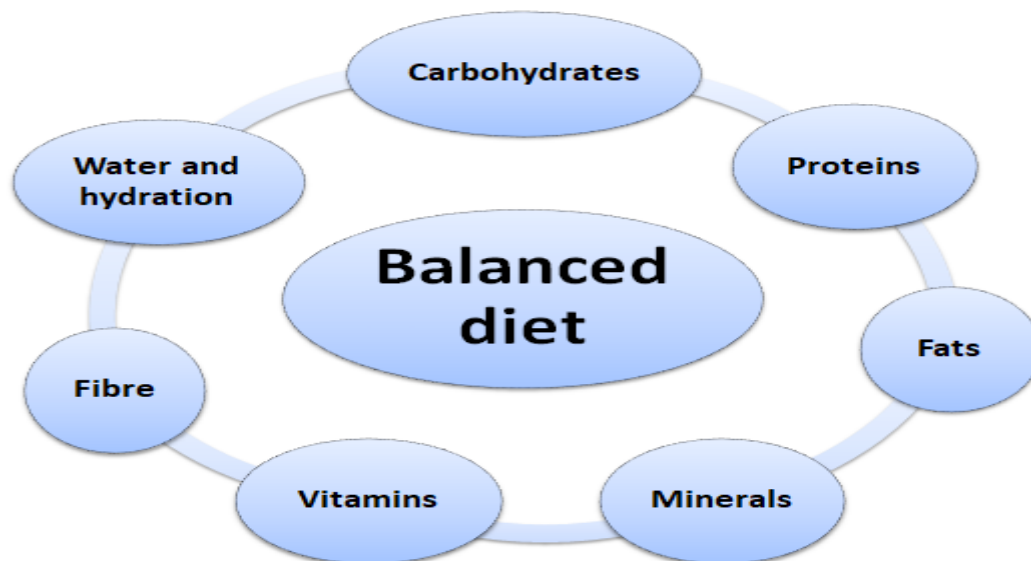
### 'Balanced diet'

'Taking in the right amount of energy to match the level of expenditure during exercise'

What happens if you do not have a balanced diet in your lifestyle?

	BEFORE	AFTER
Calories in is fewer than calories out =		
Calories in is equal to calories out =		
Calories in is more than calories out =		

Components of a balanced diet



Issues with overeating:

1. **Obesity** (This can cause CHD, Type 2 diabetes, osteoarthritis, cancer)
2. **Lethargy/tiredness**
3. **Lack of motivation**
4. **Depression/Mood swings**

What may happen to you and your performance if you become dehydrated?

1. tires / fatigues / slows down / stops the performer
2. skill level decreases
3. become thirsty
4. leads to loss of motivation
5. increase in body temperature
6. decrease in sweating
7. (muscle) cramps
8. (in extreme cases) death



Issues with undereating

1. **Obesity** (This can cause CHD, Type 2 diabetes, osteoarthritis, cancer)
2. **Lethargy/tiredness**
3. **Lack of motivation**
4. **Depression/Mood swings**

Component of diet	What it does		Food groups found in	
Carbohydrates	Provides energy for the body. Split into two types of carbohydrates		<u>Simple</u> Sugar, Jam, fruit juices	<u>Complex</u> Pasta, Potatoes, Bread, fruit
	<u>Simple</u> Quick energy source	<u>Complex</u> Slower release energy source		
Proteins	- Used to repair muscle tissue after use - Used as a last source of energy		Fish, Meat, Poultry	
Fats	Major source of energy for athletes performing low intensity endurance		Red Meat, Dairy, Cakes, Sweets	
Minerals	Minerals are essential for our general health and wellbeing in our body. They help aid chemical reactions to keep our body working.		All food (Meat, Fish, Vegetables, fruit)	
Vitamins	Help to produce energy, maintain function of our metabolic system and prevent illness and disease		<u>Fruit</u> (oranges, apples, raspberries) <u>Vegetables</u> (Broccoli, Kale)	
Fibre	Helps to ensure the digestive system is working efficiently		<u>Fruit</u> (Apples, bananas, oranges, strawberries) <u>Vegetables</u> (Broccoli, Potatoes) <u>Lentils, beans, wholemeal bread</u>	
Water	Carries nutrients in the body Helps remove waste products Regulates body temperature Replaces water loss (from urine and sweat)		Bottled water, Tap water, fruit and vegetables	