Diet and nutrition

Nutrition and weight management

A balanced diet ensures that an athlete consumes all the necessary components in the appropriate proportions to allow them to train and perform to the optimum.

Complete the table on dietary components:

Component	Functions – how is it used?	Examples of foodstuffs	% in a balanced diet
			60%
			20-25%
			10-15%
	Calcium – Iron –		Small essential amounts
	Organic substances need for crucial functions in almost all body functions		Small essential amounts
			20-40 grams per day
			Up to 5 litres per day

Complete the table on energy balance (HINT – This relates to weight management):

Energy balance	Description of intake compared to expenditure	Description of when it may be applied (related to sport)
Positive		
Neutral		
Negative		

Questions:

1. What is a 'balanced diet'? (HINT – Refer to the 7 key components)
2. Define the term 'energy balance'. (HINT – Refer to terms in the table above)
3. What is 'optimum weight'? (HINT – Consider 'individual differences' and 'specificity')
4. How can an understanding of the dietary components assist an athlete in achieving optimum weight? (HINT – Consider how they can gain or lose weight as required)

Dietary requirements for exercise

Athletes are not 'normal' people. They put additional demands on their bodies through training and competing. Hence, athletes do not have normal diets.

The individual differences of each athlete, nature of their sport, and intensity and duration of training, necessitates tailor made diets suited to each individual.

RESEARCH TASK: Provide recommendations for %'s of carbohydrate, fat and protein intake for the following sports:

- Weight lifting
- Cross country skiing
- Footballer

(HINT – Consider the fitness demands of the sports)