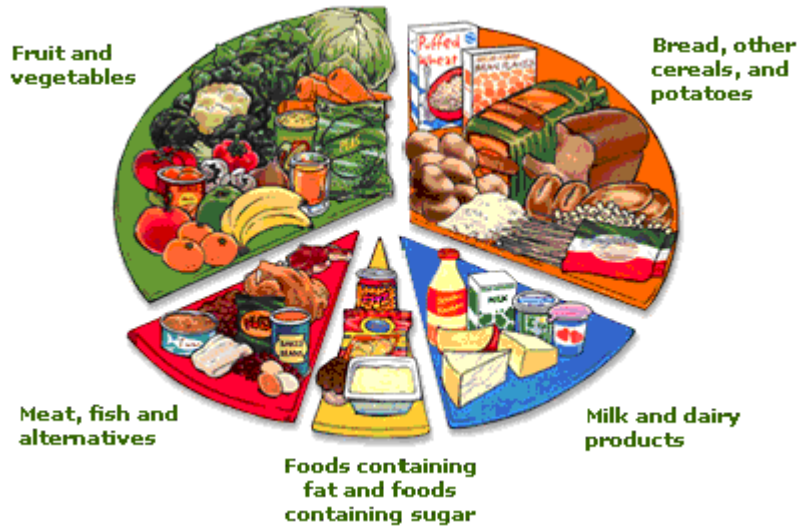


Nutrition and Sport



A. MAIN GROUPS OF FOOD



- **CARBOHYDRATES**, the main source of energy

Examples:

- **FATS**, pack a lot of energy but our bodies use them second

Examples:

- **PROTEINS** are essential for growth and maintenance. Muscle, skin, bone, and hair are made up mainly of proteins

Examples:

Furthermore, there are other important groups such as **MINERALS** and **VITAMINS**, which help to regulate our body and its functions.

Examples:



WATER is really important. We cannot live more than 3 days without drinking water. Our bodies are made of 75% water.

We need all of these groups of food to be healthy, balanced and free of disease.

What happens with industrial baked goods?

Food in general has nutrients that give us energy to use, but this kind of food has energy that our bodies will never use. We call them **empty calories**, and they are packed as fats in our body.

Examples:

B. DIET RULES



1. Consume only the number of calories you are willing to exercise off. It is very important to know how many calories your body needs every day in order to be able to regulate your diet and adapt calorie consumption to your needs.

These needs vary depending on age, gender and level of activity.

Calories burned according to age, gender and intensity level				
		Low intensity	Medium intensity	High intensity
13 to 19 years old	boy	2400-2700kcal	2700-3000 kcal.	3200-3600 kcal
	girl	2100-2200kcal.	2300-2500 kcal.	2700-3000 kcal.

Athletes need more energy because their calorie consumption is higher than people who do not do a lot of physical activity. The following table shows how many calories are burned per hour when doing certain sports or performing certain activities.

Energy Consumption	
Activity	Calories burned/hour
Jogging (7.5 km/h)	645
Tennis	482
Basketball	519
Handball	600
Football	558
Judo	779
Skating	600
Cycling (at 14 km/h)	420
Ballroom dancing (rumba)	424
Sweeping	130
Mopping the floor	256
Driving	174
Ironing	258
Doing DIY	273

2. It is best to distribute the ingestion of food over 4 or 5 meals and never less than 3 per day.

- Breakfast 20-25%
- Snack 5%
- Lunch 35-40%
- Afternoon snack 5%
- Dinner 15-20%

3. Every food group must be ingested in the proper proportion depending on your age, gender and intensity of physical activity done per day.

Percentage of foods in a balanced diet	
Fruit and vegetables	50%
Bread and cereals	20%
Milk and dairy products	20%
Meat, fish and eggs	10%

C. BREAKFAST, THE MOST IMPORTANT MEAL

Eating a rich and varied breakfast improves both our physical and intellectual performance.

What happens if we do not have breakfast?

Our body has been fasting for 8 to 10 hours, meaning that we have not eaten in this amount of time. The lack of glucose leads our body to use different energetic reserves, which produces disturbances in our function.

Examples: headache, stomach pain, lack of concentration, tiredness, bad mood...

Moreover, a long fast leads us to eat sweets compulsively to satisfy our brain, and sweets are not healthy because they contain a large amount of fats and sugar.

Food recommended for breakfast:

Fruits

Dry fruits

Whole-grain cereals

Yogurt, nonfat milk or vegetable drinks as oats milk

Tea, infusion

Toast (whole grain bread)

Juices fresh squeezed, without sugar

Food not recommended for breakfast:

- Industrial baked goods
- Juices with sugar
- Soft drinks like coke or sprite...
- Too much jam with sugar
- Too much butter