



On average the calories required for an individual per day are as follows:

- Male – 2500 Kcal
- Female – 2000 Kcal

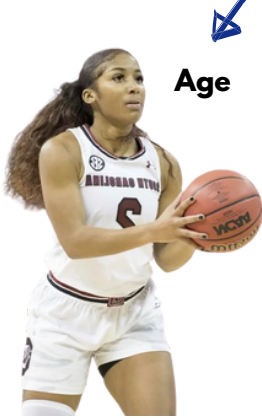
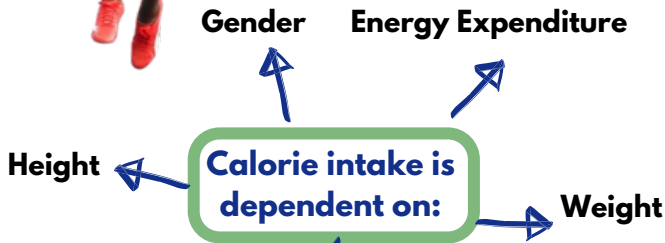


### Complex Carbohydrates:

- Provides energy for long time - good for long distance runners
- Found in pasta, rice & brown bread

### Simple Carbohydrates:

- Provide energy quickly - good for sprinters
- Sugars - found in natural form in fruit and refined form in cakes



## PE COMPONENT 2 - ENERGY USE, DIET & NUTRITION

A balanced diet should include:

- 55 – 60% of **Carbohydrates**
- 25-30% of **Fat**
- 15-20% **Protein**
- A small amount of **Vitamins & Minerals**

### Fats:

- Release energy slowly and insulation, good for marathon runners
- Found in cheese, nuts & avocado

### Protein:

- Important for growing muscle & repairing damaged tissue - good for weightlifters
- Found in meat, eggs & nuts



Irregular heart rate

The effects of dehydration on sporting performance

Blood thickening

Increase in body temperature

Slowing of reactions

Muscle fatigue/cramps



### Vitamins & Minerals:

- Maintain efficient working of body & ensure good health - good for all performers
- Found in fruits & vegetables

