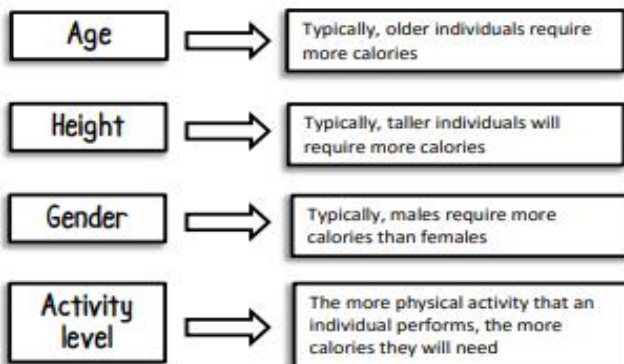


Energy Use, Diet, Nutrition and Hydration

Energy

Energy is required to maintain bodily functions and perform physical activity. It is obtained from the food we eat and measured in calories (kcal). Typically, a man will need to consume 2,500 kcal each day and a female will need 2,000 kcal each day. As well as gender, there are other factors which determine how many calories are needed. These factors are outlined below:



Balanced Diet

As there is no single food which fulfils the needs of the body, it is important that a balanced diet is consumed.

The reasons for a balanced diet are outlined below:

- Ensures enough nutrients, vitamins and minerals are consumed
- Limits the storage of unused energy as fat
- Reduces the likelihood of developing obesity
- Ensures energy is available for physical activity
- Ensures nutrients are available for energy, growth and hydration

Dehydration

Dehydration occurs when there is an imbalance between the amount of water taken in through food and drink and the amount of water lost.

In order to avoid dehydration it is important that enough water is drunk.

Drinking water is particularly important when exercising as more water will be lost as sweat.

Revision Success Tip!

You should understand the effects dehydration has on performance in a range of different sports.



Nutrients

There are five key nutrients which are required to make up a balanced diet. Each nutrient plays a different role in order to keep the body functioning. These roles, and the contribution each nutrient should make to the diet, are outlined below:

