

Sports nutrition: components of balanced diet



**ASSIGN
BUSTER**

DESCRIBE THE COMPONENTS OF A DIET BALANCE (P6 P7)PART A: P6

BALANCED DIET

1. CARBOHYDRATES

Our bodies look for carbs as an energy source because they are readily available when there is need for some quick energy. Different foods contain different types of carbohydrates, for example when we are eating candies or cookies we are consuming mostly sugars which are simple carbs.

0. FATS

Lipids which are generally known as fats have more calories per gram than other nutrients so they are energy dense nutrients. They are a good form of sustainable energy for endurance activities.

0. PROTEINS

Because protein is necessary for growth, repair and development our body uses it as a last alternative source of energy. We get protein from a selection of animal and plant foods. Meat and beans being high quality sources.

Protein is broken down into Amino Acids.

0. WATER

Water is an important part of all body functions and processes, including digestion and elimination. When you're on a diet, water also acts as a weight-loss aid because it can help you eat less. " Drinking water is important during weight loss because it provides hydration without unwanted calories.

0. FIBRE

A diet that includes foods that are rich in fiber can help lower blood cholesterol and prevent diabetes and heart disease. When carbohydrates are combined with fiber, it slows the absorption of sugar and regulates insulin response. And food with fiber make us feel full, which discourages overeating.

0. VITAMINS

Vitamins are non-caloric, they perform specific tasks at a molecular level and help prevent deficiency diseases. They need to be provided by a diet as our bodies cannot manufacture them. (Except Vitamin D and K) They also help maintain growth and with the nervous and system functions. Some vitamins are also required to produce hormones.

Questions:

What are the daily recommended allowances for each section?

Guideline Daily Amount

Values

Typical values	Women	Men	Children (5-10 years)
Calories	2, 000 kcal	2, 500 kcal	1, 800 kcal
Protein	45 g	55 g	24 g

Guideline Daily Amount

Values

Typical values	Women	Men	Children (5-10 years)
Carbohydrate	230 g	300g	220 g
Sugars	90 g	120 g	85 g
Fat	70 g	95 g	70 g
Saturates	20 g	30 g	20 g
Fibre	24 g	24 g	15 g
Salt	6 g	6 g	4 g

Why should some sections be avoided or minimised in consumption?

Saturated Fat – This is the kind of fat found in butter and lard, pies, cakes and biscuits, fatty cuts of meat, sausages and bacon, and cheese and cream. A diet high in saturated fat raises cholesterol levels and increases the risk of heart disease.

If we follow a balanced diet what types of diseases do we avoid?

A healthy diet prevents obesity which is caused by a high intake of fat and sugars paired with a lack of physical activity

PART B P7:

<https://assignbuster.com/sports-nutrition-components-of-balanced-diet/>

DESCRIBE AN APPROPRIATE TWO-WEEK DIET PLAN FOR A SELECTED SPORTS PERFORMER FOR A SELECTED SPORTS ACTIVITY

The main goal of this diet plan is to provide the stated athlete with a healthy balanced diet which will help him with his performance within his main sport and allow him to maintain the right weight that is needed to compete at a high level.

Notes:

Athlete requirements - Maintain body weight

Daily Calorie Intake (for maintaining weight) -

Be able to plan a diet appropriate for a selected sports activity

1. Diet:

- balanced diet (carbohydrates, fats, proteins, water, fibre, vitamins, minerals)

0. Activities:

- eg aerobic, anaerobic, muscular strength and endurance, flexibility;
- timing, eg pre-season, mid-season, post-season, pre-event, inter-event, post event

0. Planning diets:

- appropriate for selected activity;
- appropriate for selected sports
- performer;

- assessment of needs, eg weight gain, weight loss, muscle gain, fat gain, fat loss;
- nutrition (macronutrients, micronutrients, fibre);
- food groups (grains, vegetables, fruits, oils, dairy, meat);
- sources;
- availability

TASK 10 (P7)

Produce a balanced diet plan for a professional athlete of your choice for a two-week period and describe why you have chosen these foods.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	y	y	ay	y	y	y	y

Breakfast

Lunch

Pre-training

During
training

Post training

Dinner

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	y	y	ay	y	y	y	y

Breakfast

Lunch

Pre-training

During
training

Post training

Dinner

(For (M5) explain in detail your chosen food combinations in the above two-week diet)