

BASIC EATING PRINCIPLES

HEALTHY EATING GUIDELINES

Reduce total fat intake to 30% of total calories.

Reduce intake of saturated fat to 10% of total calories.

Eat less animal protein.

Eat more complex carbohydrates.

Eat less sugar.

Eat more fruit and vegetables.

Increase dietary fibre intake.

Reduce salt intake.

Drink more water.

Moderate intake of caffeine and alcohol, add variety to your daily diet.

SOURCES OF INFORMATION

World Health Organisation (WHO).

British Nutrition Foundation.

British Diabetic Association.

Health Education Authority (HEA).

British Heart Foundation.

British Diabetic Foundation.

Food Standards Agency (FSA).

BASIC EATING PRINCIPLES

ENERGY NEEDS

Aerobic System: low / moderate intensity, prolonged duration i.e. marathon running.

Lactic Acid System: high intensity, short duration i.e. 800m running.

Creatine Phosphate (CP) System: very high intensity, very short duration i.e. 100m.

ROLE OF CARBOHYDRATES, FAT & PROTEIN

Aerobic Exercise: aerobic glycolysis / aerobic system (fuels - carbs and fat).

Anaerobic Exercise: anaerobic glycolysis / lactic acid system (fuels - carbs), CP / PC System (fuels - Creatine Phosphate).

Energy Systems: fuel used, breakdown of fuel, bi-products, ATP yield, aerobic / anaerobic, capacity, anaerobic threshold.