

Diet and Exercise

- A balanced diet contains the correct amounts of:
 - Carbohydrates
 - Proteins
 - Fats
 - Vitamins
 - Minerals
 - Fibre
 - Water
- The amount of energy you need varies between individuals. Eg Athletes require a lot more energy than someone who isn't active.
- Mineral ions and vitamins are needed to keep the body healthy. If the diet is unbalanced a person can become **malnourished**.
- **Metabolic Rate** refers to the chemical reactions which take place in the cells. The higher the metabolic rate, the faster the chemical reactions occur.
- Men generally have a higher metabolic rate than women.
- The proportion of muscle to fat in your body and your inherited factors can also affect your metabolic rate.
- If the energy (food) taken in is less than the energy used the person will lose mass. The more exercise you take, the more food you need.