

# Nutrition

## Topic: Balanced diets

A balanced diet contains the correct amounts of fibre/water, and all the nutrients a person needs for energy, growth and repair, and for staying healthy. If a person takes in more energy than they use, they gain weight. If they take in less energy than they use, they lose weight.

Very active people need more energy and eat a high-carbohydrate diet. A pregnant woman needs to take in extra protein for the growth of the fetus and extra iron for its blood.

Many athletes take glucose to give them extra energy. People with heart disease need a diet low in fat and salt.

Vegetarians get most of their nutrients from plants. Their diet is healthy because it is low in fat and high in fibre. They sometimes need to take vitamin supplements so they stay healthy.

Use the information above to fill in the gaps below. A

balanced diet contains the correct proportions of:

1

2

3

4

5

6

7

