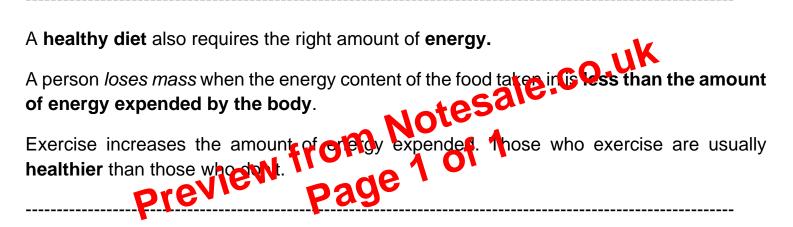
A healthy diet consists of the right balance of nutrients such as:

- Carbohydrates
- Fats
- Proteins
- Mineral ions and vitamins

Carbohydrates, fats and proteins are used by the body to release energy and build cells.

Mineral ions and vitamins are taken in small quantities to maintain healthy functioning.

If these nutrients are not balanced, **malnourishment** occurs. This leads to a person being **underweight** or **overweight**. This can lead to **deficiency diseases** or **Type 2 Diabetes**.



Metabolic rate: The rate at which all the body's chemical reactions in the cell are carried out.

This varies with:

- The amount of activity you do
- The proportion of **muscle to fat** in your body
- Inherited factors

Inherited factors also affect our cholesterol level.

