

B1.1.1: Diet and exercise

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**.

A **healthy diet** also requires the right amount of **energy**.

A person *loses mass* when the energy content of the food taken in is **less than the amount of energy expended by the body**.

Exercise increases the amount of energy expended. Those who exercise are usually **healthier** than those who do not.

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*.