

Diets should provide the proper amount of energy.

- Ideal amount needed depends on age, gender, and occupation. (a teenage girl needs 9000 kJ, a teenage boy needs 12000 kJ of energy per day)
- Too little= low metabolism... and tired
- Too much= overweight... and tired ☹

Diets should have variety of foods

- Balanced diet contains all seven components.

Too many countries and people rely on carbs for food.

Too much saturated fat (a.k.a. animal fat) increases the risk of heart disease. (Cholesterol builds fat deposits in arteries, making arteries stiffer and more narrow.... Therefore, not enough blood and oxygen can travel through!

Lack of O₂ + possible blood clots = heart attack

Unsaturated fats (vegetable oils) do not cause heart disease ☺

Fat leads to obesity and obesity is linked to heart disease, strokes, diabetes, cancer, etc.

Diet + exercise = consistent weight loss!