

NUTRITION FACTSHEET

What is energy?

It's the protein – fat and the carbohydrate in your food and drink

How is energy calculated - well energy is measured in kilojoules which are units of calories

What are Nutrients?

They are the substances that provide nourishment essential for the maintenance of life and growth.

- Macronutrients are proteins, fat and carbohydrates, you need a lot of these every day. You need in smaller proportions vitamins and minerals.
- Carbohydrates are the most important source of energy
- They are our fuel for our body that help your muscles in your body and you brain!
- ✓ What foods act as energy in this way? They include rice- pasta and potatoes



People need different amounts of energy and it again depends on you and something called your metabolic rate (the rate in which metabolism lives in a living organism or the speed of chemical reactions in the body), therefore things that impact on the rate include age, gender, if you are male or female and the proportion of muscle to fat in your body.

Weight depends on the balance between energy you consume from your food and drink

In the UK the majority of people have been classed as either overweight or obese.

So how many calories should we have every day?

Again this varies, a healthy balance in diet is essential

Men need around 10,500KJ (2,500Kcal) a day to help maintain a healthy weight.

For woman it is around 8,400KJ (2,000Kcal) a day.

Remember that these values can change depending on age your metabolism as outlined and your physical activity along with illness at any time.