

WHAT FUELS ME?

ENERGY IS THE FUEL YOUR BODY USES TO FUNCTION

You get energy from nutrients found in food and drink in the form of **CARBOHYDRATES, PROTEIN AND FATS.**

FATS are essential for life: they provide insulation and protection for your organs.

CARBOHYDRATES provide the major source of energy that we need to live, grow and thrive. They are found in milk, fruit and refined sugar as well as bread, crackers, pasta and rice.

PROTEIN is made up of amino acids that help in the formation of muscle. The best sources include poultry, fish, eggs and legumes.


DAILY ENERGY RECOMMENDATIONS FOR A TEENAGER.


FEMALE
7600kJ

MALE
8300kJ

KILOJOULE (kJ) IS THE MEASUREMENT OF ENERGY

1g of carbohydrate or protein = 17kJ
1g of fat = 37kJ
1 Calorie = 4.186kJ

 Sleeping burns approx 184kJ per hour

 Walking to class burns approx 816kJ per hour



FIBRE is important too. Good sources are legumes, whole grains, vegetables and fruit.