

Bitesize GCSE Science – Biology

Diet

Sport and Exercise Sciences Professor Lars McNaughton talks about daily diet

A normal person would require about 10,000 kilojoules for a male and about 8,000 to 8,500 for a female.

Athletes may require many more than that depending on the type of athlete they are and the type of exercise that they are doing.

Athletes will take in the same macro nutrients as a normal healthy person, simply more of them. So they will still take in fats, carbohydrates and proteins but they may take in more fats than normal individuals simply because they do so much exercise that it is difficult for them to take in lots more carbohydrates.

However, most athletes will minimise the amount of fat that they have but have more carbohydrate and protein.