

Carbohydrates

60% of the total calorific intake must be derived from carbohydrates.

Benefits

- Provide energy
- Provide vitamins
- Provide Fibre
- Only nutrient the brain recognises

Risks

- Overeating leads to obesity
- Too much sugar increases the blood sugar level

Fats

30% of the total calorific intake must be derived from fats.

Benefits

Many people believe fat to be bad for them, however this is simply not true, fats are vital to our diets. They are important for:-

- Protection of the internal organs
- Thermoregulation (temperature control)
- Uptake and storage of fat-soluble vitamins
- The fats in our skin are responsible for radiant complexions and keeps our hair sleek and glossy

Risks

- Obesity, Heart Disease, Stroke, M.S., Cancer has been linked to a large intake of saturated fat, which because of its chemical nature, clogs up our arteries and interferes with our bodies metabolism.

Protein

10-12% of the total calorific intake must be derived from protein.

Benefits

- Growth
- Fight infection and illness
- Hormone function
- Enzyme function
- Cell building and repair

Risks

- Excess fat will be stored as fat
- Excess can lead to kidney failure
- Excess can lead to cancer

Water

60% of our body is water. Water contains minerals, sodium chloride, magnesium, potassium etc. Water is also a transportation system in the body. Water helps in temperature control. It is also the environment in which every single chemical reaction that occurs in the body takes place.

Information

Banks O' Dee Sports Club
Spain Park
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Opening Times

Monday - Thursday	06.00 - 22.00
Friday	06.00 - 21.30
Saturday	08.00 - 18.00
Sunday	09.00 - 19.00

Food Facts



Nutrition Management

Inclusive to members

It's easy

Step 1

Complete the 3 day food diary enclosed

Step 2

Hand the diary to our reception and make an appointment for a consultation



Keep a food diary for 3 days

- Make sure one of these 3 days is at a weekend.
- List every single food that you eat and the fluid you drink. Also where possible list the place this food was bought.
- Try to be as honest and as accurate as possible when recording the quantity consumed. You don't necessarily have to weigh the food, use household measures e.g. cups, tableteaspoons, mls, slices size etc.
- If you have a mixed dish, please list the ingredients.
- As it is possible to have variations in food such as white/wholemeal bread please which it is as this affects the nutritional value.
- When preparing or cooking food please state the methods used.
- Also don't forget the small things like salt, sugar, margarine, milk, cream cheese etc that are added to foods/drinks.
- Enter Calories in columns only when known

Time	Day 1 Food	Quantity	Kcal

Time	Day 2 Food	Quantity	Kcal

Time	Day 3 Food	Quantity	Kcal