

1 Reading. Read.

### Healthy Eating

The foods you eat have big effects on your health and quality of life.

#### Why should you eat healthily?

Research continues to link serious diseases to a poor diet. For example, eating healthily can reduce your chances of developing heart disease and cancer.

A good diet can improve all aspects of life, from brain function to physical performance. Food affects all your cells and organs.

If you participate in exercise or sports, there is no doubt that a healthy diet will help you perform better.

#### Calories and energy balance

If you put in more calories than you burn, you will store them as new muscle or body fat. If you consume fewer calories than you burn every day, you will lose weight.

Calories and energy balance are important, regardless of the composition of your diet.

#### Understanding macronutrients

Macronutrients are the three main nutrients needed in large amounts: carbs, fats and protein. They provide calories and have various functions in your body.

Here are some common foods within each macronutrient group:

**Carbs:** 4 calories per gram. All starchy foods like bread, pasta and potatoes. Also includes fruit, legumes, juice, sugar and some dairy products.

**Protein:** 4 calories per gram. Main sources include meat and fish, dairy, eggs, legumes and vegetarian alternatives like tofu.

**Fats:** 9 calories per gram. Main sources include nuts, seeds, oils, butter, cheese, oily fish and fatty meat.

(Source: <https://www.healthline.com/nutrition/healthy-eating-for-beginners>)

Choose the right answer to complete the sentence. Circle it.

1. A good diet can reduce your chances of \_\_\_\_\_.
  1. Doing sports.
  2. Improving your brain functions.
  3. Developing heart disease and cancer.
2. If you put in more calories than you burn, you will \_\_\_\_\_.
  1. Sleep well.
  2. Lose weight.
  3. Store them as new muscle or body fat.
3. Macronutrients are \_\_\_\_\_.
  1. Bread, pasta and potatoes.
  2. Fish, dairy and eggs.
  3. Carbs, protein and fats.

