



18. Vitality from nutrition

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Calories into
the body
through food
and drink

~ 30 %

~ 50/50

~ 70 %

Physical
activity and
movement

Resting
metabolic rate
(RMR)

Energy in

Energy
balance

Energy out

Essential nutrients

- They provide **energy** and **building blocks** for body tissue

Substances that provide energy

Carbohydrates

Fats

Proteins

Substances that support metabolism

Vitamins

Water

Dietary
minerals

Good food, good mood

- Eating food is not just about refueling your body ➡ affects mental and social well-being
- Eating good food brings pleasure and improves your mood
- Sharing a meal with people around you brings you together and gives you a chance to talk, socialize and bond

Fluid balance and hunger

- Thirst is a signal of fluid imbalance in our body
- Need of water is increased by climate, doing sports and different medical conditions (fever, vomiting or diarrhea)
- Hunger is usually a signal of energy imbalance
- Smell or mental images of good food can induce hunger
- Anxiety, hurry, flu or stomach flu can decrease feeling of hunger

Ponder this...

- How are eating habits culture related?
- You might have experiences of eating in different country? What was different?

