

A close-up photograph of three bright red, round berries, likely hawthorn or dog rose, attached to a thin branch. The berries are in sharp focus, showing their smooth texture and small, dark, circular centers. They are surrounded by several green, elongated leaves with prominent veins. The background is a soft, out-of-focus green, suggesting a natural outdoor setting.

20. Eat quality

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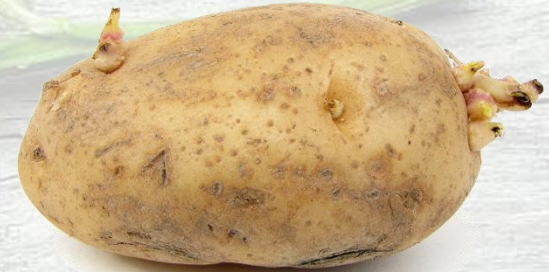
Carbohydrates

- Carbs are the most important energy source of the body



**Dietary
fiber**

Starch



Fructose



Glucose



Quality of carbohydrates?

- Body breaks down carbohydrates after consumption → Glucose
- Glucose is then released into the bloodstream and becomes blood sugar



Proteins

- Proteins are the most important building blocks of our body → The growth of muscles and bones requires lots of proteins
- Meat, poultry, fish, dairy and legume are rich on protein



Vitamin	Where from?	Health benefit?	Lack causes...
Vitamin A	<ul style="list-style-type: none"> Dairy, carrot, liver, egg 	<ul style="list-style-type: none"> Upholds wellbeing of eyes, skin, hair and bones 	<ul style="list-style-type: none"> Flammation, night blindness
Vitamin B	<ul style="list-style-type: none"> Milk, full grain, meat, fish, many vegetables 	<ul style="list-style-type: none"> Keeps your skin, mucous membrane and nervous system healthy 	<ul style="list-style-type: none"> Red eyes, ulcers in mouth Headache, weariness
Vitamin C	<ul style="list-style-type: none"> Berries, citrus fruits, pepper, spring potatoes 	<ul style="list-style-type: none"> Strengthens immune system Helps iron to absorb 	<ul style="list-style-type: none"> Fatigue, dry skin Bleedy gums, loss of teeth
Vitamin D	<ul style="list-style-type: none"> Fish fat, dairy (not organic milk), sun 	<ul style="list-style-type: none"> Strengthens bones and teeth Helps calcium to absorb 	<ul style="list-style-type: none"> Weakened immune system, slow growth, weak bones
Mineral	Where from?	Health benefit?	Lack causes...
Calcium	<ul style="list-style-type: none"> Dairy, salmon, nuts, legume 	<ul style="list-style-type: none"> Strengthens bones and teeth Makes muscles work 	<ul style="list-style-type: none"> Bones get fragile Muscle soreness
Iron	<ul style="list-style-type: none"> Meat, liver, full grain, spinach 	<ul style="list-style-type: none"> Blood cells are made from iron Makes the oxygen flow 	<ul style="list-style-type: none"> Fatigue, paleness, headache Low hemoglobine i.e. anemia

Ponder...

- Use of vegetable oils, nuts and fish is advised because they have good fat
- Why do you have to keep an eye on quality of the fat?

