

## **The importance of nutrition : Uncle Ben's.**

### **Contributors**

Master Foods.

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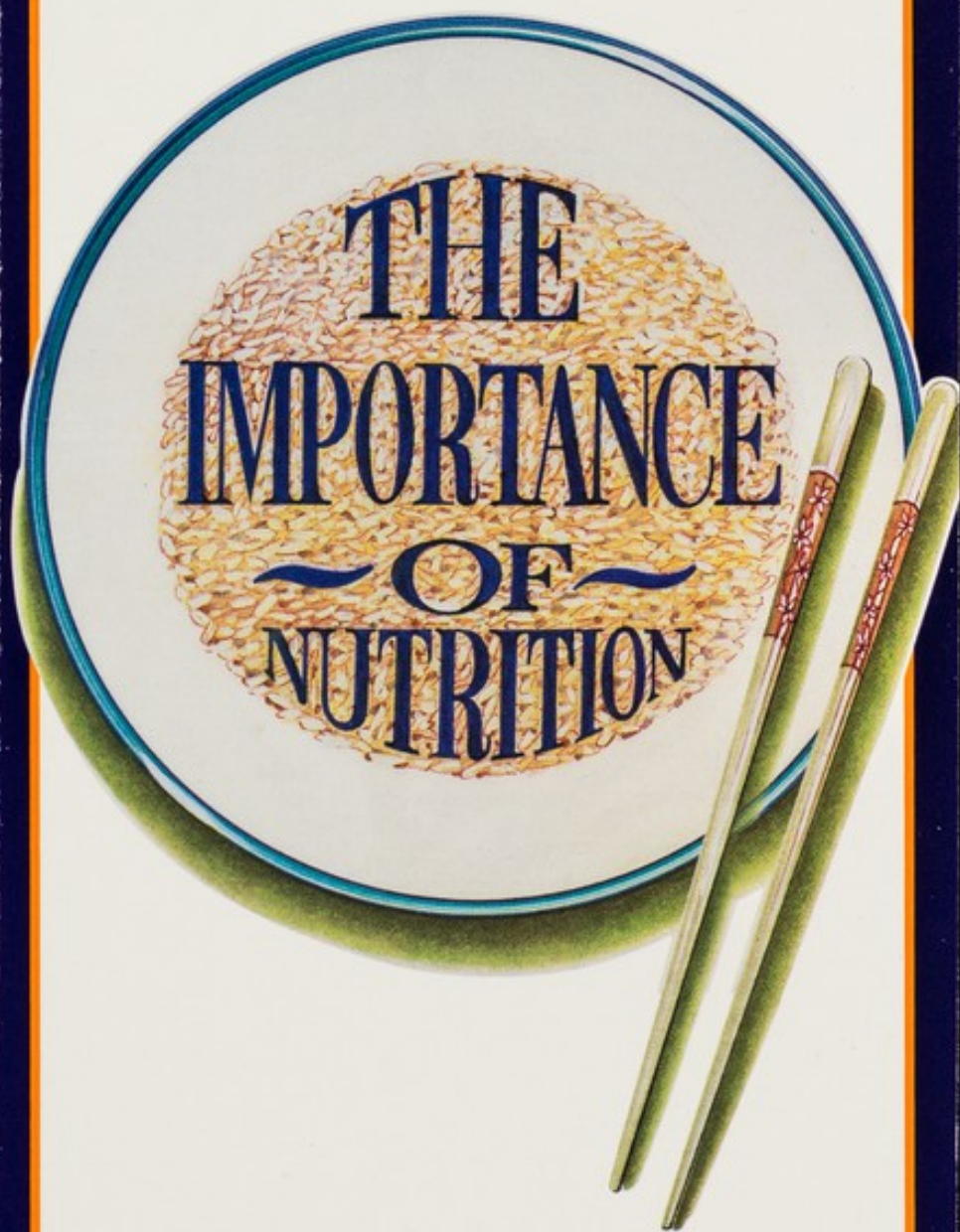
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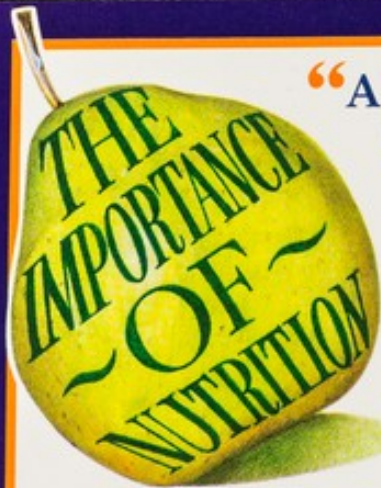


Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
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**Uncle Ben's**





## “A well balanced diet is vital for everyone.”

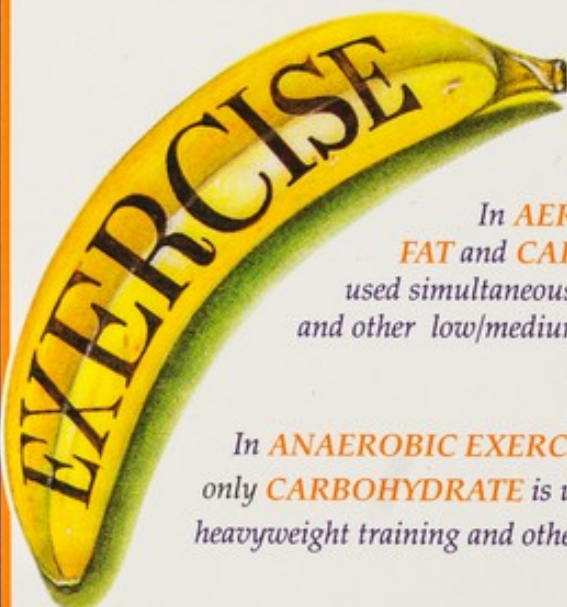
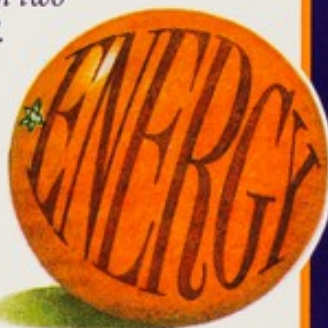
It is especially important for anyone who exercises or takes sport seriously. In fact, next to genetic make-up and training, nutrition can exert the greatest influence on performance with improvements of up to 15% in some athletes.

Even if you are not a serious sports person, your energy (calorie) intake requirements are closely related to your activity levels.

During exercise, the body uses energy from two main sources **CARBOHYDRATE & FAT**.

How much the body uses of these two fuels depends on four main factors:

- Intensity of the exercise
- Duration of the exercise
- Fitness of the individual
- Nutritional status of the individual



In **AEROBIC EXERCISE** **FAT** and **CARBOHYDRATE** are used simultaneously eg. walking, golf and other low/medium intensity exercise.

In **ANAEROBIC EXERCISE** only **CARBOHYDRATE** is used eg: sprinting, heavyweight training and other intense activities.

In more intensive exercise **CARBOHYDRATE** will provide the main fuel. It can be converted into energy quickly enough and in amounts which are great enough to meet the high energy demands of such activities. Fat cannot be used in this way.

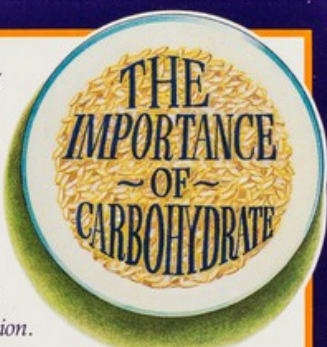


CARBOHYDRATE is used during AEROBIC & ANAEROBIC activity.

CARBOHYDRATE is stored in the muscles and the liver as a substance called GLYCOGEN.

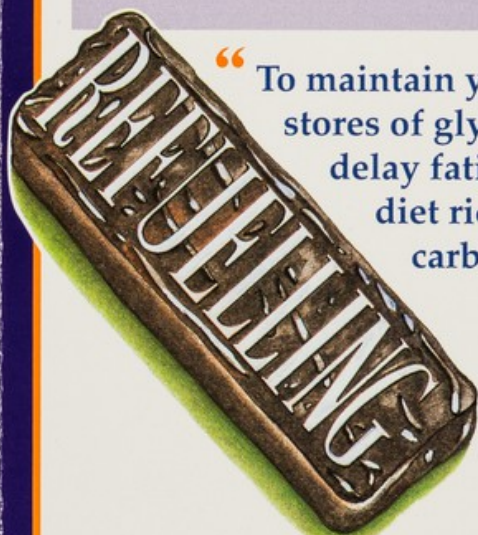
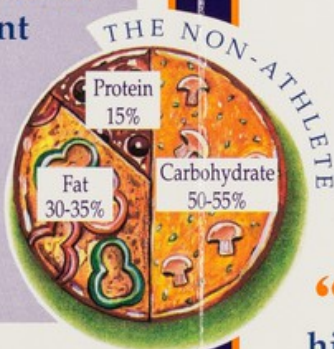
These stores are small and will become depleted after a training session.

This will result in fatigue and reduced ability to train or compete. It is vital all athletes concentrate on maintaining their stores of this nutrient.

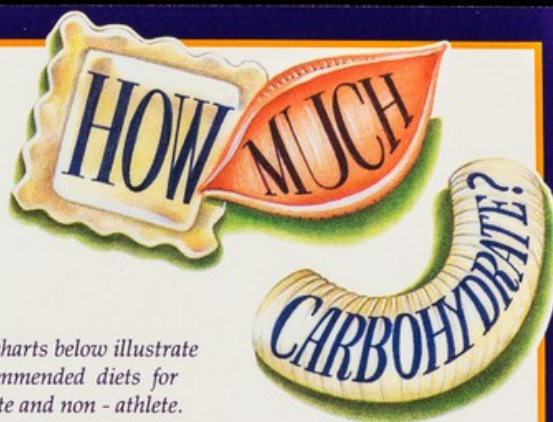


**“Next to talent and appropriate training, a high carbohydrate diet is the most important element in the formula for success in sport.”**

*Professor Clyde Williams,  
Sports Nutritionist,  
University of Loughborough.*

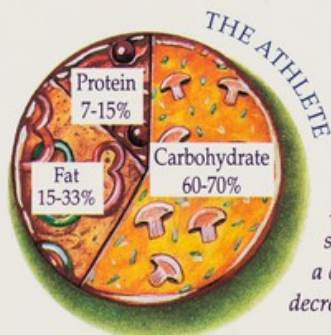


**“To maintain your stores of glycogen and delay fatigue, eat a diet rich in carbohydrate.”**



The pie charts below illustrate the recommended diets for the athlete and non-athlete.

It is important that carbohydrate makes up at least 50% of the energy of everyone's diet. Carbohydrate intake for the athlete must be greater in order to provide the additional energy for training.



*An athlete's diet should also reflect a corresponding decrease in fat intake.*

**“Recommendations for a high CARBOHYDRATE diet.”**

- Eat a wide variety of carbohydrate rich foods.
- Consume carbohydrate before, during and after training and competitions.
- Always consume some carbohydrate within 1 hour of finishing exercise. Glycogen stores refuel more quickly then, than at any other time.
- Eat plenty of carbohydrate rich foods which are readily absorbed into the blood stream, eg. rice, pasta, bread, potatoes, confectionery, bananas.

Always carry some CARBOHYDRATE rich foods with you.



## “The following foods contain carbohydrates.”

Rice/Pasta/Noodles/Peas/Beans  
Lentils/Breakfast Cereals/Fruit  
(fresh/tinned/dried)/Sugar  
Honey/Jams/Chocolate  
& Sugar Confectionery  
Sweetened Soft Drinks  
Potatoes/Pizza/Popcorn  
Biscuits/Sports Drinks/Buns  
Milk Drinks/Yoghurts/Breads  
Crispbreads/Cakes/Sweetcorn  
Fruit Juice/Cereal Bars



## “Principle functions of dietary components.”

Component	Function
Carbohydrate	Provides energy to keep the body functioning and physically active
Fat	
Protein	Growth, maintenance and repair of body tissues
Minerals & Vitamins	Control body processes
Water	Facilitates body processes
Fibre	For gut function

## “Your practical guide.”

1. Do you base every meal and snack around a carbohydrate rich food?
2. Do you make carbohydrate the main item on your plate?
3. Is the bread you eat thickly sliced?
4. Do you add extra fruit or yoghurt to breakfast cereals?
5. Do you add jams/honey/banana/fruit spreads to bread/toast?

YES NO

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

You should be answering yes to the questions above. If your answers are mainly no you need to improve your carbohydrate intake.

## “Your carbohydrate ready reckoner.”

You can calculate your own carbohydrate requirement below:

Record your bodyweight in kg here: Weight  kg

Decide how much time you spend exercising and circle the level which applies to you:

### LIGHT

Less than  
1 hour per day.

4-5

### MODERATE

Between  
1-2 hours per day.

6-7

### HEAVY

More than  
4 hours per day.

8-10

Now multiply your weight by the smaller number which appears under your level of exercise and fill in the first box. Then multiply your weight by the second number & fill in the second box.

Weight (Kg)  $\times$  level =  grammes of carbohydrate per day.

Weight (Kg)  $\times$  level =  grammes of carbohydrate per day.

This is a recommended range for your carbohydrate intake. Your daily intake should fall somewhere between these two figures. This should only be used as a guideline.

FOOD AMOUNTS TO BE CONSUMED TO TAKE IN 10gms OF CARBOHYDRATE	Weight gms
White Rice - Raw	10
White Rice - Cooked	30
Spaghetti - Cooked	50
Bread - White	20
Bread - Wholemeal	25
Cornflakes	10
Digestive Biscuit	15
Pizza	40
Milk	200ml
Potatoes - Baked	30
Potatoes - Boiled	60
Baked Beans	70
UNCLE BEN'S Sweet & Sour Sauce	40
DOLMIO Original Sauce	120
Bananas	40
Apples	80/100
Orange Juice, unsweetened	120ml
Sugar	10
MARS Bar	15