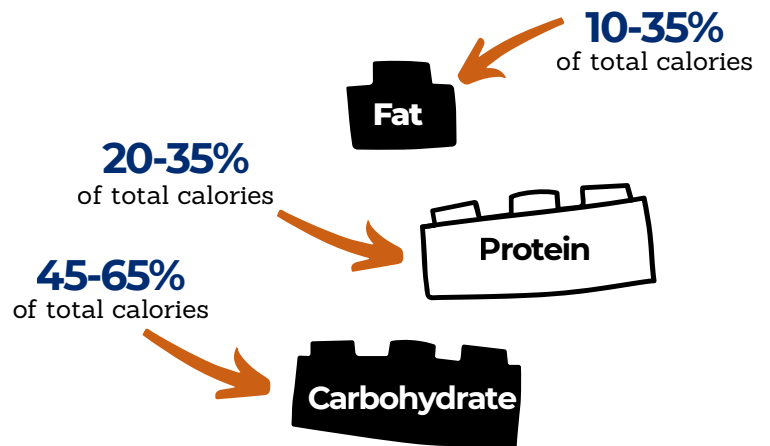


What are Macronutrients?

There are three main macronutrients that make up the building blocks of your diet. Learn more about each of these nutrients found in all sources of food!

Macro = Large

Macronutrients are the three essential nutrients required in significant quantities daily for optimal health. Fat, Protein, and Carbohydrates are present in various food sources, with each providing a specific percentage of our caloric intake. These nutrients serve as the primary sources of energy for our bodies, powering all daily functions.



Fat (9 calories per gram):

- Fat contains more calories per gram than any other macronutrient
- Fat is essential for cell and nerve development
- Both animal and plant sources of fat can be part of a healthy diet

Plant sources

- Olive oil, canola oil, avocado, seeds, nuts and nut butters

Animal sources

- Egg yolks, salmon, trout, sardines

Protein (4 calories per gram):

- Protein is used for bone, muscle, and tissue regeneration
- Protein helps you feel full longer
- Include a variety of proteins in your diet to get all of the amino acids your body needs

Plant-based proteins

- Soy, lentils, beans, chia seeds, nuts and nut butters

Animal-based proteins

- Poultry, beef, pork, fish, shellfish, milk, cheese, yogurt

Carbohydrate (4 calories per gram):

- Essential fuel for the brain and muscle
- Simple carbohydrates are broken down by the body quickly to use for energy and should be limited (i.e. baked goods, enriched grains, soda, juice, candy)
- Complex carbohydrates are broken down more slowly and are more nutrient dense

Complex carbohydrates

- Beans, legumes, oatmeal, whole grain bread, fruits and vegetables