

What are Macronutrients?



Macronutrients, or "macros," are the primary building blocks of our diet, comprising carbohydrates, proteins, and fats. Each macronutrient plays a crucial role in our overall health and well-being. Carbohydrates provide the body's main source of energy, proteins are essential for growth and repair of tissues, and fats are important for absorbing vitamins and supporting cell function. Balancing your intake of these macronutrients can help you achieve and maintain optimal health, support physical activity, and promote overall vitality. Understanding the importance of each macro is a key step in making informed dietary choices.

PROTEINS

How much protein should we be eating?

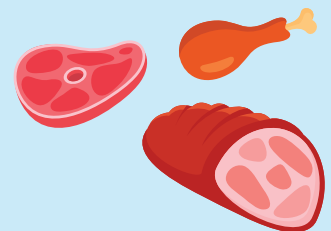
The Recommended Dietary Allowance (RDA) for protein is a modest 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. Protein needs increase as you get older or exercise regularly.

Benefits

- Builds muscle
- Increases satiety
- High in Omega-3 Fatty Acids (supports heart health & lowers inflammation)

Sources:

- Lean Meats (93% lean ground beef, skinless chicken breasts, pork loin)
- Eggs
- Nuts, Seeds, Soy
- Beans, peas, lentils
- Seafood (salmon, anchovies, trout)



FATS

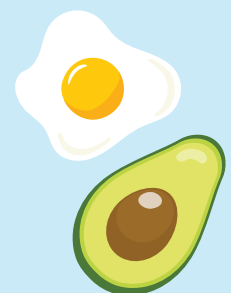
Our brains are 60% fat! The RDA of total fats is between 20% and 35% of your total daily calories, with saturated fat intake limited to less than 10% of daily calories.

Benefits

- Brain food
- Lower cholesterol levels
- Reduce inflammation

Sources:

- Fatty Fish (salmon, herring, sardines, lake trout)
- Flaxseed
- Avocados
- Hemp seeds
- Walnuts
- Eggs



Eat a variety of fats and more unsaturated than saturated fats! Try to reduce red meats, full-fat dairy, and baked goods.

CARBOHYDRATES

Benefits

- Increase Fiber
- Energy



Simple

candy, table sugar, added sugar

Complex

starchy vegetables, legumes, whole-grains

SOURCES OF CARBOHYDRATES

Half the grains you eat should be whole grains! The RDA for carbohydrates is 130 grams per day for adults.

Refined grains can increase your blood sugar and should be eaten in moderation.

White flour

White bread

Corn

White rice

Whole grains are more nutritious since they contain all the parts of the seed; the bran, germ, and endosperm.

Whole-wheat

Bulgur

Oatmeal

Brown Rice

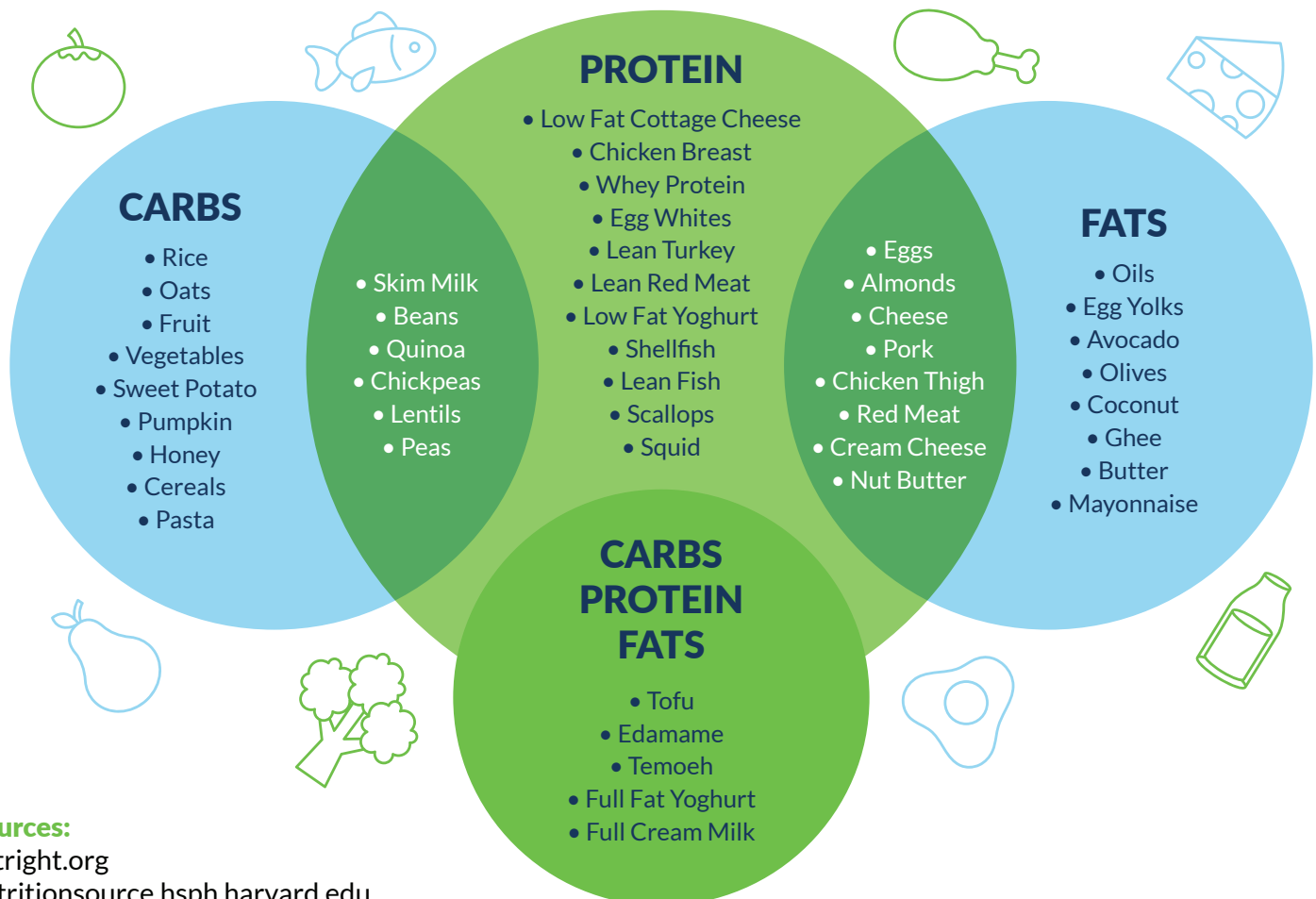
Quinoa

Benefits of Whole Grains

Reduces risks of:



This macronutrient chart visually represents the overlap of nutrients. These overlaps highlight the versatility and interconnection of macronutrients in supporting our body's needs.



Sources:

eatright.org

nutritionsource.hsph.harvard.edu