

Simple guide to Macro-nutrients

Proteins | Carbohydrates | Fats

1

Proteins include meat, poultry, eggs; beans, peas, and lentils; nuts, seeds, soy products. Proteins are the body's building blocks and are used to **build and repair tissue** and **fight infection**. Extra protein is used for energy.

2

Carbohydrates are the main source of **energy** and **fiber**. Fruit, vegetables, dairy, and grain are the healthiest sources of carbs. Eating food with fiber helps prevent tummy problems such as **constipation**. It might also help lower **cholesterol and blood sugar**. Carbs are also found in sweeteners like sugar, honey, syrup and foods with added sugars like candy, soft drinks, and cookies.

3

Fats give you **energy**, and they help the body **absorb certain vitamins**. Many foods naturally contain fats, including dairy products; meats, poultry, seafood, and eggs; and seeds, nuts, avocados, and coconuts.

QUESTIONS?

Call Beth McKinney, Registered Dietitian

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