



Macronutrients Fuel the Body

Carbohydrates

- The most readily available source of energy! (provides 4 calories/gram)
- For most people 40-60% of total intake should be carbohydrates (1/4 of your plate!)

Examples:

- **Grains and Cereals** (bread, pasta, rice, tortillas, oatmeal, crackers, etc.)
CHOOSE "WHOLE GRAIN" often!
- **Fruit** (whole fruit, dried, or fruit juice)
CHOOSE WHOLE FRUIT often- (dried fruit and juice are often concentrated with sugar!)
- **Dairy** (yogurt, milk, soy, rice/almond milk)
CHOOSE LOW FAT (milk and yogurt also contain protein!)
- **Beans** (pinto, black, garbanzo, etc.)
ALSO CONTAIN PROTEIN!
- **Starchy Vegetables** *LOWER IN CALORIES! High in vitamins and minerals*

Proteins

- Keeps the immune system healthy, maintains and builds muscle, provides energy!
- Provides 4 calories/gram of protein

Examples:

- **Meat (beef, pork)**- *Choose lean cuts, trim excess fat, and avoid deep frying!*
- **Fish**- *Contains important Omega-3 Fatty Acids!*
- **Poultry (chicken, turkey)**-*Preferably without skin!*
- **Eggs**
- **Dairy (milk, cheese, yogurt, cottage cheese)** *Choose low fat!*
- **Nuts and Nut Butters (peanut, almond, cashew)** *Contain healthy unsaturated fats!*
- **Soy Protein (tofu, tempeh)**
- **Beans (pinto, kidney, black)** *Contain carbohydrates as well!*

Fats

- Helps absorb certain nutrients, maintains body temperature
- The most concentrated source of energy (9 calories/gram)

Examples:

Unsaturated Fats -BEST CHOICES!

- Oils (olive, canola)
- Avocados
- Nuts and seeds (also contain protein!)
- Olives
- Salad dressings and mayonnaise

Saturated Fats-USE IN MODERATION!

- Butter/margarine/shortening
- Cream cheese
- Sour Cream
- Cheese
- Bacon, sausage, pepperoni, chorizo

The Role of Macronutrients!

Carbohydrates:

- Primary fuel for muscle contraction and energy for your brain!

CHOOSE whole grains, fruits and vegetables, brown/wild rice, oatmeal, quinoa, etc.



Protein:

- Build/repair muscles, supports immunity, enzyme/hormone production, provides energy



Fat:

- Cushions and protects organs, regulates body temperature, hormone production, absorption of certain nutrients

CHOOSE majority of unsaturated fats (olive oil, canola oil, nuts, seeds, avocados)- anti-inflammatory properties!



Meal Examples

Breakfast:

- Low-fat granola with low fat Greek/regular yogurt. Top with berries or any sliced fruit
- Top toasted whole grain bread with peanut butter/almond butter and sliced bananas
- Add vegetables like peppers, spinach, mushrooms, tomatoes to your egg/egg white omelet
- Oatmeal cooked with skim milk/water and topped with berries or fruit (Add a spoonful of peanut butter or almond butter for an extra boost!)

Lunch:

- Vegetable salad with turkey, chicken, or garbanzo beans (try olive oil and vinegar as a dressing)
- Toss cooked pasta with vegetables and beans/chicken/tofu. Sprinkle lightly with parmesan cheese
- Turkey sandwich on whole grain bread with choice of vegetables, fruit and water

Dinner:

- Whole wheat spaghetti with tomato sauce, lean meat, choice of vegetables or small salad
- Wheat tortilla, salsa, brown rice, black beans, tomatoes, lettuce, and low fat sour cream
- Stir fry with quinoa/brown rice, vegetables, and lean meat/beans/tofu