

GUIDE TO MACRONUTRIENTS

<u>Nutrient</u>	<u>Function</u>	<u>Where Found & Daily Requirements</u>
1. Carbohydrate: sugars and starches	Provide the body with energy through cell respiration, which is the conversion of glucose to energy	Mainly in sugar, honey, maple syrup cereals, breads, & to a lesser extent, vegetables, fruits & beans Should <i>not</i> exceed 40% of calories
2. Fats (lipids)	energy; vital for constructing cells, especially membranes and hormones	vegetable oils, red meat (saturated), poultry, butter; should be 30% of calories. calories. You need good fats, like omega 3 Saturated and trans fats (hydrogenated oils) are bad fats
3. Proteins	energy; vital for building and maintaining cells	meat, beans, fish and seafood, eggs Should be about 30% of total calories.
4. fiber	vital for proper digestion and maintenance of good microbes in digestive system	undigestible but found in all plant foods, like fruits and vegetables; seed hulls, etc. <i>at least 30 grams</i>
5. water	since the body is 70% water and all chemical reactions in the body are in aqueous solution, helps all body processes function	beverages, fruits and vegetables We need at least 2 quarts but preferably up to one gallon