



# Macros Made Easy

## Protein

### What is it?

Protein is made up of amino acids. There are twenty amino acids total but there are only nine that cannot be made by the body so need to be consumed in order to grow and function properly.

### What is proteins main function in the body?

Growth, maintenance, and structure of the body.

Transports and stores nutrients.

Maintains pH.

Fluid balance.

Immune health.

### What types of protein should I consume?

Eating a wide variety of proteins is your best bet to getting all your essential amino acids in.

Different protein sources
Lean meats
Dairy/Whey
Plant proteins (legumes, beans)
Eggs
Nuts

# Carbohydrates (Carbs)

## What is it?

Carbohydrates come in the form of either fiber, starches or sugars all of which are essential food nutrients that your body turns into glucose to give you the energy to function.

There are two types of carbohydrates:

Complex carbohydrates and simple carbohydrates.

Complex carbohydrates contain longer chains of sugar molecules than simple carbohydrates. The body converts these sugar molecules into glucose, which it uses for energy. As complex carbohydrates have longer chains, they take longer to break down and provide more lasting energy in the body than simple carbohydrates.

## What is the main function in the body?

Provide energy.

Store energy.

Spare protein and fat for other uses.

## What types of carbohydrates should I consume?

As mentioned above complex carbs take longer to break down and provide more lasting energy in the body than simple carbohydrates.

Simple carbs can also be a tool used for a quick burst of energy if needed (preworkout).

Examples:

Complex Carbs	Simple Carbs
Oats Rice Beans Sweet potato Whole grains	Fruits White bread White sugar Processed foods Candy bars

# Fat

## What is it?

Fats are made up of either glycerol or fatty acids. There are three types of fat:

- 1) Trans fat - This is a fat that has been changed by a process called hydrogenation.
- 2) Saturated - is solid at room temperature, which is why it is also known as "solid fat." It is mostly in animal foods, such as milk, cheese, and meat.
- 3) Unsaturated - Unsaturated fat is liquid at room temperature. It is mostly in oils from plants.

Unsaturated comes in two subcategories:

- A) Monounsaturated - This fat is in avocado, nuts, and vegetable oils, such as canola, olive, and peanut oils.
- B) Polyunsaturated - This type of fat is mainly in vegetable oils such as safflower, sunflower, sesame, soybean, and seafood.

Polyunsaturated also has two subcategories omega 3's and omega 6's

## What is the main function in the body?

Energy.

Storage

Absorption of fat-soluble vitamins A, D, E, and K.

## What types of fat should I consume?

The best fat to consume is unsaturated fat. Saturated is fine in moderation and trans fats we should limit as much as possible.

Unsaturated	Saturated	Trans
Avocado Nuts Extra virgin olive oil Sunflower Sesame Seeds Soy	Animal meat Cheese Dairy Coconut oil Butter	Potato chips Baked goods Frozen pizza Refrigerated dough Fried foods

