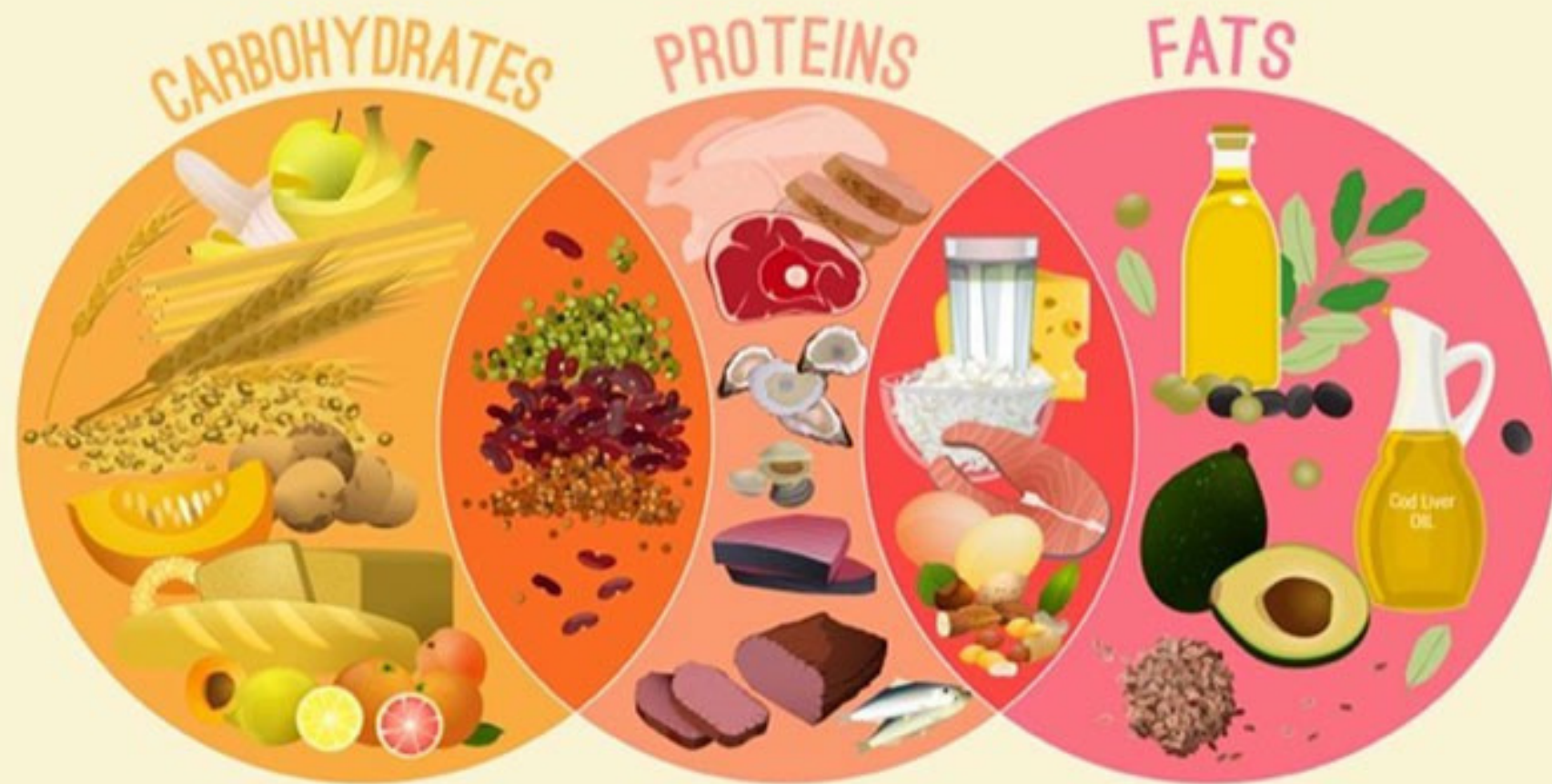


MACRONUTRIENTS

A SIMPLE GUIDE TO MACROS



Macronutrients

Iga Ziębowicz 1a



3 MAIN MACRONUTRIENTS:

———— CARBOHYDRATES

———— LIPIDS

———— PROTEINS

CARBOHYDRATES

- carbohydrates are the body's main source of **energy**
- converted into **sugar/glucose** for energy
- glucose needed for regular **brain function**

CARBOHYDRATES

SIMPLE CARBS (MONOSACHARIDES)

They contain just one or two sugars, such as fructose (found in fruits) and galactose (found in milk products)

FOOD EXAMPLES:

- **fruits**
- **milk**
- **candy**
- **table sugar**
- **syrops and soft drinks**

COMPLEX CARBS (POLYSACCHARIDES)

They have three or more sugars. They're higher in fiber and digest more slowly.

FOOD EXAMPLES:

- **peas and beans**
- **whole grains**
- **vegetables**

MYTHS & FACTS

about CARBS

MYTHS:

- CARBS MAKE YOU GAIN WEIGHT
 - FRUITS ARE HIGH IN SUGAR
 - EVERY CARB HAS GLUTEN
 - PROTEIN IS MORE IMPORTANT THAN CARBS
 - IT'S BETTER TO EAT CARBS IN THE MORNING TO BURN THEM OFF
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FACTS:

- YOU CAN STAY LEAN ON HIGH CARBS
- ZERO FOODS CONTAIN ZERO CARBS
- CARBS ARE BRAIN FOOD
- SUGAR ADDICTION IS REAL
- CARBS HELP YOU LIVE LONGER

FOOD SOURCES

of carbohydrates

- bread
- beans
- milk
- popcorn
- potatoes
- cookies
- spaghetti
- soft drinks
- corn





LIPIDS


Oils, Fats & Waxes

THREE TYPES OF LIPIDS:

- **Compound**
- **Simple**
- **Derived**

Functions of fat:



- STORING ENERGY
 - INSULATING AND PROTECTING
 - REGULATING AND SIGNALING
 - CARRIER OF VITAMINS
 - FATS HELP THE BODY STOCKPILE CERTAIN NUTRIENTS AS WELL
- 

LIPIDS

SATURATED FATS:

- BUTTER, COCONUT OIL AND PALM OIL
- CAKES
- SAUSAGES
- BACON
- CHEESE
- PASTRIES
- ICE CREAM
- CHOCOLATE

UNSATURATED FATS:

- OILS FROM VEGETABLES, SEEDS AND NUTS
- SPREADS BASED ON THESE OILS
- NUTS AND SEEDS
- OILY FISH SUCH AS HERRING, PILCHARDS, MACKEREL, SALMON AND TROUT
- AVOCADO

MYTHS & INFORMATION

about LIPIDS

MYTHS:

- EATING FAT LEADS TO WEIGHT GAIN
- CHOLESTEROL-RICH FOODS ARE UNHEALTHY
- SATURATED FAT CAUSES HEART DISEASE
- HIGH FAT FOODS ARE UNHEALTHY
- A LOW-FAT DIET IS THE BEST WAY TO LOSE WEIGHT

FAT IN EXCESS MAY LEAD TO:

- HEART DISEASE
- DIABETES
- OBESITY
- VARIOUS FORMS OF CANCER
- STROKE

FOOD SOURCES OF FATS:

- AVOCADOS
- CHESSE
- DARK CHOCOLATE
- WHOLE EGGS
- FATTY FISH
- NUTS
- CHIA SEEDS
- OLIVE OIL





PROTEIN

AMINO ACIDS / BUILDING - BLOCKS

2 TYPES:

1. Essential amino acids (must get through diet)
2. Nonessential amino acids (produced in the body)



PROTEIN FUNCTIONS:

- HELPS WITH BUILDING MUSCLES
- GROWTH AND MAINTENANCE OF TISSUES
- SOME PROTEINS ARE HORMONES, WHICH ARE CHEMICAL MESSENGERS THAT AID COMMUNICATION BETWEEN YOUR CELLS, TISSUES AND ORGANS
- PROTEINS REGULATE BODY PROCESSES TO MAINTAIN FLUID BALANCE
- PROTEINS HELP FORM IMMUNOGLOBULINS, OR ANTIBODIES, TO FIGHT INFECTION

TYPES OF PROTEINS

COMPLETE: ALL ANIMAL PRODUCTS

- MEAT
- POULTRY
- FISH
- EGGS
- DAIRY PRODUCTS

INCOMPLETE:

- LEGUMES
- NUTS
- TOFU
- LENTILS
- SOY

MYTHS & FACTS

about protein

MYTHS:

- PROTEIN ONLY COMES FROM MEAT, EGGS, AND DAIRY
 - YOU'RE NOT GETTING ENOUGH PROTEIN, ESPECIALLY IF YOU'RE VEGAN OR VEGETARIAN.
 - THE MORE PROTEIN YOU EAT, THE BETTER.
 - YOU NEED EXTRA PROTEIN TO BUILD MUSCLE.
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FACTS:

- OUR BODY IS MADE UP OF MORE PROTEIN THAN YOU'D THINK
- HIGH PROTEIN KEEPS YOU FULLER FOR LONGER
- HIGH PROTEIN DIET WILL AID FAT LOSS
- HIGH PROTEIN DIET HELPS BUILD MUSCLE

FOOD SOURCES

OF PROTEIN:

- beans
- nuts
- greek yogurt
- spinach
- nut butters
- broccoli
- seeds
- eggs





**Thank you for your
attention!**

