



THE BUILDING BLOCKS OF NUTRITION

PROTEIN, CARBOHYDRATES, & FAT

The macronutrients are the building blocks of nutrition, they are what your **body uses the most**.

The body uses macronutrients for: **energy, structure**, and to maintain body systems

AT A GLANCE

The USDA recommends:

- carbs: 45-65% of food consumed
- protein: 10-35% of food consumed
- fat: 20-35% of food consumed

QUALITY of the nutrients is just as important as QUANTITY

- carbs contain **4 calories** per gram
- protein contains **4 calories** per gram
- fat contains **9 calories** per gram

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV) ←

- 5% or less is **low**
- 20% or more is **high**

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

What are they?

PROTEIN

- amino acids are the building blocks of protein
- protein allows your body to grow, build, and repair tissues
- you must consume amino acids in your diet

CARBS

(carbohydrates)

- glucose (sugar) is the building block of carbs
- glucose is the main energy source for your body
- sweeteners are also considered a type of carbohydrate

FAT

- stores energy, cushions organs, maintains cell integrity, and plays a role in the body's use of hormones and vitamins
- fats are classified as unsaturated, saturated, and trans
- unsaturated fat is "healthy" fat and raises HDL ("healthy") cholesterol
- saturated fat is considered "less healthy" fat and increases LDL ("less healthy") cholesterol (leads to heart disease)
- trans fat should avoided

protein makes you feel fuller longer

carbohydrates lead to lasting energy

fats are essential to include in your diet

Where are they?

PROTEIN

- legumes (beans, peas)
- nuts
- seeds
- fish
- eggs
- meat
- poultry
- lentils

HEALTHY SWAPS:
eat fish instead of beef

CARBS

- simple
 - honey
 - sugar
 - syrup
 - molasses
 - milk/yogurt
 - fruit
- complex
 - rice
 - pasta, bread
 - starchy vegetables (potatoes, squash, corn)

HEALTHY SWAPS:
eat fruit instead of a cookie

FAT

HEALTHY SWAPS:
use butter instead of margarine

- **"healthy"**
 - unsaturated
 - plant oils (olive, peanut, sesame)
 - avocados
 - nuts and nut butter
 - seeds
 - fish (salmon, tuna)
- **"less healthy"**
 - saturated
 - fast food (burgers)
 - fried food (french fries)
 - processed foods
 - baked foods (dessert)
 - trans fat
 - margarine
 - vegetable shortening

focus on consuming **more plant products** than animal products and less processed food

*Trans fat has almost been eliminated from **all US food***

Always eat everything in **moderation!**

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