

MACROS CHEAT SHEET

The 3 essential nutrients your body needs

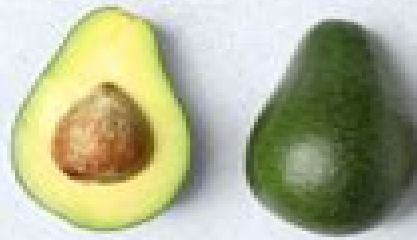


Carbs

Function: Provides energy to fuel the body; high-fiber carbs also promote digestive health

Found in: Grains, fruits, veggies & legumes

Types: Simple carbs (e.g. table sugar), complex carbs (e.g. whole grains)



Fat

Function: Provides slow-releasing energy; helps protect cells & organs

Found in: Oils, butters, nuts, seeds & fatty fish

Types: Saturated fats (e.g. cheese) & unsaturated fats (e.g. olive oil)



Protein

Function: Builds & repairs muscles; promotes feelings of fullness & satiety

Found in: Meat, poultry, fish, dairy & legumes

Types: Animal-based (e.g. meat), plant-based (e.g. nuts) & protein supplements (e.g. whey)

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Sufficient Carbohydrate

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