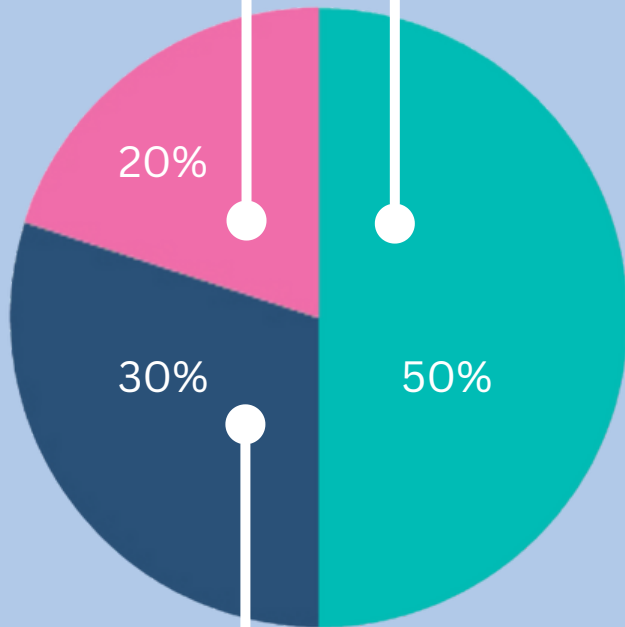


# WHAT ARE MACROS?

"Macronutrients are the nutritive components of food that the body needs for energy and to maintain the body's structures and systems."

**PROTEIN** **CARBOHYDRATE**



**FAT**

*Your daily calorie intake should include a balanced mix of all three macronutrients!*

## CARBOHYDRATES

Provide the primary fuel for your muscles and nervous system.

- whole grains
- starchy vegetables
- beans, peas, lentils
- milk, yogurt
- fruit

## PROTEINS

Support body tissues, as well as hormonal, metabolic, and enzyme functions.

- poultry, beef, pork, seafood
- cheese, cottage cheese, milk, yogurt
- eggs
- beans, peas, lentils
- nut/seed butter

## FATS

Serve as an energy reserve, protection and insulation for the body, and allows absorption of fat-soluble vitamins.

- fatty fish
- olive and canola oils
- nuts, seeds, nut/seed butter
- avocado
- olives

## What's up with all the buzz about macros?

- Touted as a flexible alternative to counting calories. especially for weight loss.
- Can help you focus more on nutrient balance, but still requires tracking.
- Like calorie-counting, can lead to restriction and deprivation.
- Tends to be unsustainable for most people.
- Best suited for specific, short-term goals.
- If you do count macros, track as a percentage of calories, not grams consumed.

## What should I focus on instead?

- Focus on balancing energy needs *and* nutrients.
- Tune into your hunger and fullness cues.
- Reflect on how foods make you feel.
- Only eat foods you enjoy eating.
- Track your food intake, but without all the numbers.
- Pay attention to feelings of overwhelm, anxiety, or guilt - they are a sign that you need to find different approach!