

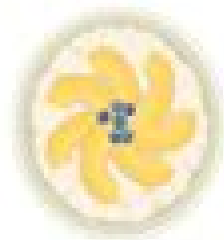
# MACRONUTRIENTS 101



## CARBS

**Function:** your body's main source of short-term energy

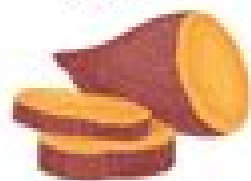
**% of Diet:** 50-60%



Oats



Fruit & Veg



Sweet Potato



Brown Rice,  
Quinoa



Legumes

## PROTEIN

**Function:** the building blocks of your body - helps build muscles

**% of Diet:** 15-30%



Fish/Seafood



Chicken



Soy Products  
(Tofu)



Protein  
Bars +  
Powder



Eggs



Chickpeas

## FATS

**Function:** your body's source of long-term energy (reserve)

**% of Diet:** 20-30%



Avocado



Nuts



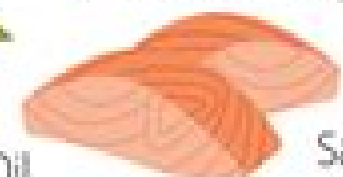
Full-Fat Yogurt



Olive Oil



Dark  
Chocolate



Salmon

# **Nutrition And The Adult Macronutrients**

**Roslyn B. Alfin-Slater, David  
Kritchevsky**



## **Nutrition And The Adult Macronutrients:**

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