

What are Macronutrients?

Protein



- 4 calories per gram
- Composed of amino acids
- Building blocks of tissues and muscles

Carbohydrates



- 4 calories per gram
- Composed of starch, fiber, and sugar
- Main source of energy

Fat



- 9 calories per gram
- Composed of fatty acids
- Reserve energy and contain fat-soluble vitamins



Nutrition And The Adult Macronutrients

Tobias Bleicker



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