

MACRONUTRIENTS 101



CARBS

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

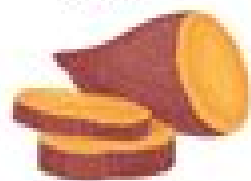
% of Diet: 50-60%



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



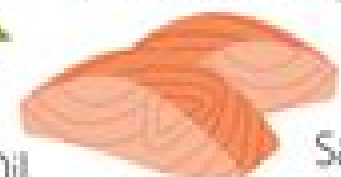
Full-Fat Yogurt



Olive Oil



Dark
Chocolate



Salmon

Nutrition And The Adult Macronutrients

R.E. Hodges



Nutrition And The Adult Macronutrients:

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The Power of Nutrition: A Guide for Older Adults in the Community Amy Epting, MA, RD, CSG, LDN, 2023-08-07 The purpose of *The Power of Nutrition A Guide for Older Adults in the Community* is to provide a comprehensive resource for nutrition education programs that support low income elderly individuals in improving their health and well being through proper nutrition The book aims to empower older adults by providing them with the knowledge and skills necessary to make informed decisions about their diets and lifestyles The *Power of Nutrition* provides a comprehensive and practical guide for nutrition education programs that serve low income elderly individuals By empowering older adults with the knowledge and skills necessary to make informed decisions about their diets and lifestyles the book aims to improve their health and well being reduce the risk of chronic disease and enhance their quality of life

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