

KNOW YOUR MACROS!

June 2025

*It never hurts to refresh our memory about the importance of the BIG 3!
Our body needs these macronutrients for good health. Check your shopping list!*

High Quality

High-quality carbohydrate foods contain vitamins, minerals, and fiber, an indigestible carbohydrate that is important for health. Fiber helps blunt the normal rise in blood sugar that occurs after eating

- Whole grains and whole grain products
- Beans
- Lentils
- Vegetables
- Fruit

Low Quality

Foods with low-quality carbohydrates do not offer many nutritional benefits and may contain saturated and trans fats, added sugars, colors, and preservatives

- Desserts
- White bread
- Soda

CARBS

~ 45%-65%
daily calories

*Activity level, age,
and sex play a role in
quantity; watch your
portion sizes*



Carbohydrates are essential for providing energy to the body. They are broken down into glucose, which fuels bodily functions and physical activity. Healthy sources of carbohydrates, like whole grains, fruits, and vegetables, deliver important nutrients and fiber that support overall health.

PROTEIN ~ 15%-35% daily calories

Protein supports muscle growth and repair, aides in weight management helping the body to feel full, and improves bone health.

It also plays a crucial role in various bodily functions, such as hormone production and immune system support.



Fats

Saturated fat

Vegetable fats

Coconut oil
Palm oil

Animal fats

Fatty meat
lard
butter
ghea
cream
Cheese
Whole milk

Trans fat



Cakes
Cookies
Margarine
French fries
Fried food
Most ready Meals
Hydrogenated vegetable oils

Unsaturated fat

Polyunsaturated

All seed oils

Monounsaturated

Olive oil
Peanut oil
Avocado
Nuts



FAT ~ 20% - 35% daily calories

Dietary fats are essential for providing energy, supporting cell function, and helping the body absorb important vitamins (A, D, E & K). Healthy fats, particularly unsaturated fats, can lower bad cholesterol levels and reduce the risk of heart disease.