



Nutrition 101



Macronutrients and micronutrients are essential elements that can be found in whole foods as well as through supplementation.

Macronutrients

Macronutrients have caloric value and consist of carbohydrates, fats and proteins. Everyone's macronutrient needs differ depending on gender, weight, goals, activity level, health status, and other factors.

Carbohydrates serve as the body's main energy source by breaking down glucose from food. Some examples of carbohydrates include fruits, vegetables, grains, pasta, rice and breads.

Fats help the body absorb fat-soluble vitamins A, D, E and K. Foods that provide healthy fats include avocado, nuts, fish, olive oil and other oils.

Proteins help the body build and repair muscle. Foods high in protein include beans, legumes, eggs, various meats, and dairy products.

While everyone's dietary needs will differ, The Dietary Guidelines for Americans recommends a well-balanced diet consisting of:



45% to 65%

of calories from
carbohydrates



20% to 35%

of calories from
fat



10% to 35%

of calories from
protein

Micronutrients

Micronutrients include vitamins and minerals, and our bodies need these in much smaller amounts.

Vitamins can help prevent infections, promote healthy aging, reduce anxiety and stress, and cover your nutritional bases. Eating a balanced diet with plenty of vegetables, fruits and whole grains should provide the vitamins your body needs. However, it's not always possible to eat healthy meals, so taking supplements may help.

Minerals are found naturally in the earth and in food. Examples include calcium, sodium, potassium and magnesium. Minerals have many functions in the body, including helping maintain hydration and proper hormonal balance.

Consult your physician or a registered dietician about your specific macronutrient and micronutrient needs.

Sources:
Cleveland Clinic
nutrition.gov

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