

❖ Learning How to Eat ❖

➔ What are macronutrients ←

MACRONUTRIENTS

Food is a part of our everyday lives. We need food to sustain energy and fuel us through everyday tasks such as work, school, or leisure activities. What happens when the right food is not taken into our body? We become sluggish, tired, and may even feel sick.



They key to creating healthy nutritional habits is learning what macronutrients are and how they affect your body. Macronutrients takes food and breaks it up into three main categories; proteins, carbohydrates, and fats. Each category has a certain number in grams that a person should consume based on their daily activity level.



PROTEIN

Proteins are an essential nutrient for the body. Protein helps repair and rebuild sore and broken down muscles. The down side to protein is that if too much of it is consumed it will convert to fat, or the body will pass it through as waste. A person who is highly active, or does physically demanding work

all day, should consume a higher amount of protein than an average person would. A person's total caloric intake should consist of 15-40 percent protein, depending on how physically active the person is.

CARBOHYDRATES



Carbohydrates are the second essential macronutrient that the body requires. Carbohydrates are usually the most abused food source in a person's diet. The majority of our energy will come from carbohydrates; the problem with carbs is that most people only consume carbohydrates and nothing else. Consuming too many carbs will cause the body to crash, over time, and feel lethargic. A person who is highly active, not necessarily only physically active, needs a high amount of carbohydrates in their diet. The carbohydrates are a great source of energy to use throughout the day. A persons' total caloric intake should consist of 35-65 percent carbohydrates.



Fats are the last essential macronutrient. Most people hear the word

“fat” and automatically assume it is a bad thing. There are different types of fats, not all of them are healthy for the human body. Saturated and trans fats are what is found in junk food and these are considered “bad” fats. The good fats are unsaturated, which can be found in foods such as avocado, olive oil, and nuts. Fat intake will vary depending on their body weight and the achieved look they wish to receive. Generally speaking, a persons’ caloric intake should consist of 15-20 percent-unsaturated fats.

Macronutrients are they key to a health eating and a well balanced diet. Each macronutrient has a percent that should be consumed with a degree a variance

depending on a persons’ life style. Once the correct numbers are calculated, it becomes much easier to achieve a higher level of a



health and a desired body image. The hardest part is finding out what exact percentage of each

macronutrient your body requires. Through trial and error, and educating oneself further on the subject, this task becomes easy. Food can be fun and enjoyable, as long as, like any thing in life, there is moderation and balance.



Name of Site	URL	General Content	Audience	Rating
Fit day	http://www.fitday.com/fitness-articles/nutrition/vitamins-minerals/the-3-primary-macronutrients-and-their-importance.html#b	Basic facts	New to the content	★★
Free dieting	http://www.freedieting.com/tools/nutrient_calculator.htm	Macronutrient calculator	Calculating macronutrients	★★★★
The free dictionary	http://www.thefreedictionary.com/Macronutrients	Definition of macronutrient	Never heard of the content	★★
Weightwatchers	http://www.weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=20921	In depth facts	Health enthusiasts	★★★
3 Fat chicks on a diet	http://www.3fatchicks.com/the-3-macronutrients-and-their-functions/	In depth facts	Health and exercise enthusiasts	★★★★
Science learning	http://www.sciencelearn.org.nz/Contexts/Food-Function-	Science behind macronutrients	Beginner to expert	★★★

	and-Structure/Science-Ideas-and-Concepts/Macronutrients			
Calories per hour	http://www.caloriesperhour.com/tutorial_nutrients.php	In-depth facts	Wants to know more	★★

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