

WHAT FOOD IS MADE OF

ALL FOOD IS MADE UP OF CARBS, PROTEIN AND FAT

Everything you eat is made up of these three "macronutrients". Including healthy quantities of each is important to maintaining a healthy diet.



PROTEIN HELPS US TO BUILD AND MAINTAIN MUSCLE



Protein also plays other roles in immune function and communication between body tissues. Protein is found in meat, fish, eggs, dairy, tofu, beans and lentils.

FATS GIVE YOU ENERGY AND HELP YOU MAKE HORMONES

Fat protects your organs, supports cell growth, and helps your body absorb vital nutrients. Fat is found in oils, animal products, nuts, seeds, and fatty fish like salmon.



CARBOHYDRATES ARE YOUR BODY'S PREFERRED SOURCE OF ENERGY



'Carbs' help with energy production and storage for exercise and daily life. The more activity you do and the higher the intensity of that activity, the more carbs you use.