

# EATING FOR ENERGY

## MACRONUTRIENTS

### PROTEIN



**Building block for muscle tissue**

### CARBOHYDRATE



**Quick energy for body & brain cells**

### FAT



**Energy source that can be saved for later**

## FUNCTIONS

- Immune function
- Heart health
- Organ growth
- Muscle growth & maintenance
- Injury prevention

- Protein and fat digestion
- Nerve function
- Cell communication

- Absorption of vitamins from fruits and vegetables
- Muscle and organ protection
- Sustained relief from hunger

## GOOD SOURCES

Choose **lean** or **plant-based** sources

- Skinless chicken
- Turkey
- Tofu
- Beans & peas
- Fish
- Low-fat dairy
- Eggs

Choose **whole grains** and **fruits**

- Whole wheat bread & pasta
- Brown rice
- Quinoa
- Beans & peas
- Bananas
- Berries

Choose **unsaturated fats** over saturated fats

- Avocado
- Olive oil
- Fish
- Nuts, nut butter & seeds
- Eggs

## DAILY RECOMMENDATIONS

10-35% of calories

45-65% of calories

20-35% of calories