

WHY YOU SHOULD CARE ABOUT MACRONUTRIENTS

WHAT THEY ARE, WHERE YOU CAN GET THEM AND HOW THEY WILL HELP YOU PERFORM.

PROTEIN →

Sources: meat, pork, poultry, eggs, beans, tofu, tempeh, yogurt, lentils, and nuts/seeds.

- The building blocks for tissues in your body, like your muscle and brain.
- Assists in muscle growth and recovery.
- Keeps the body healthy and strong.

CARBOHYDRATES →

Sources-grains: Oats, brown rice, whole wheat breads, tortillas, quinoa, fruits and vegetables.

- Main source of fuel for your brain
- Primary energy source during a workout
- Supports gut and cardiovascular health

FAT →

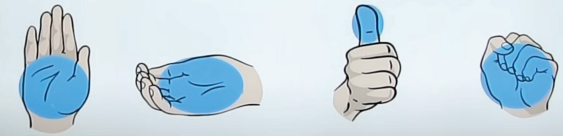
Sources: Avocado, salmon, almonds, walnuts, peanut and almond butter, seeds and olive oil.

- Supports joint health
- Enhances cognitive function
- Helps your body absorb essential vitamins (which support your body's vital functions).

How to know if your serving sizes are enough?

• Use your hand

- PROTEIN (1 serving) = 1 Palm (3 oz)
- CARBOHYDRATE (1 serving) = 1 Cupped Hand (1/2 cup)
- FAT (1 serving) = 1 Thumb (1 oz)
- FRUITS & VEGETABLES (1 serving) = 1 Fist (1 cup)



RECOMMENDED DAILY PORTION INTAKE BY GENDER:

	PROTEIN	CARB	FAT
MALE	8	10	7
FEMALE	6	13	9

These are guidelines and recommendations. This is a tool to help inform you and help you make the best nutrition choices for yourself.