

fresh

START



**MACROS WORKSHOP**

# NUTRIENTS

## MACRONUTRIENTS

### CARBS



### FATS



### PROTEIN



## MICRONUTRIENTS

### MINERALS

**Zn**  
ZINC  
**Ca**  
CALCIUM  
**Fe**  
IRON

### VITAMINS

**Vit C**  
Vit A  
Niacin  
**Folate**  
Vit K  
**Vit D**

**(& ALCOHOL)**



## CARBS



## FATS



## PROTEIN



# WHAT ARE MACROS?

## Macronutrients provide calories /energy

= Fat, Carbs and Proteins (*and alcohol*)

## MINERALS

## VITAMINS

Zn

ZINC

Fe

IRON

Ca

CALCIUM

Vit C

Vit A

Niacin

Folate

Vit K

Vit D

Micronutrients have important structural and functional roles

## AND MICROS?

Micronutrients **don't provide calories/energy**

= **Vitamins** (A, B12) and **Minerals** (iron, calcium)



# Fat

- Fat is an essential building block in our cell and membrane walls
- We need fat to absorb the fat-soluble vitamins which are vitamin A, D, E and K
- Fat provides us with energy
- Different types of fats have different effects on our health
  - Positive** monounsaturated and polyunsaturated fats
  - Negative** saturated and trans fats







# Protein

Protein is made up of amino acids

Protein is an essential building block in our muscle cells, but is constantly being broken down and rebuilt

Protein helps us to maintain muscle tone & strength

Protein provides us with energy





# Carbs

Carbs are the only macronutrient that can fuel our brain, important for high cognitive function, decision making and mood

Carbs provides us with energy

Whole grain or whole food carbs also provide fibre

# FOODS

Most foods have a mixture of all macros (or at least 2) – just in differing amounts

New Zealand

## New Zealand - Fresh Salmon

Serving Size : 100 g



0%

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Carbs

72%

21g

Fat

28%

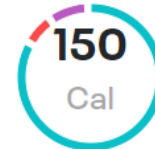
18g

Protein

Homemade Brown Rice

## Homemade Brown Rice - Brown Rice

Serving Size : 1 Cup Cooked



86%

32g

Carbs

6%

1g

Fat

8%

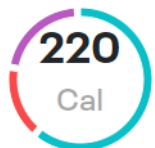
3g

Protein

Chickpeas

## Chickpeas - Organic Chickpeas

Serving Size : 1 cup



63%

36g

Carbs

16%

4g

Fat

21%

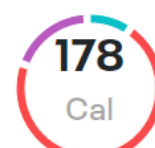
12g

Protein

Pics

## Pics - Peanut Butter Slugs

Serving Size : 30 grams



9%

4g

Carbs

72%

14g

Fat

18%

8g

Protein