NUTRIENTS

What do you know about them?

Meet Macronutrients

There are 3 major macronutrients. Protein is important for the creation and maintenance of your bones, skin, and muscles. Carbohydrates are the source of most of the energy your body needs. Fat helps your body absorb nutrients and also provides energy. Not all fats are the same — focus on mono- and polyunsaturated fats and steer clear of trans and saturated fats when possible.

Meet Micronutrients

Micronutrients are dietary components that your body needs in small doses — much smaller than those macronutrients. Micronutrients are vital to good health, and the most common forms are vitamins and minerals.

Build a Healthy Pattern:

What you eat each day, week, month, and year all has a huge impact on your health. Choose foods that can work together to help you build a balanced and healthy eating pattern, every day. Focus on variety and nutrient density, eating only small amounts of added sugars, saturated fats, and sodium. Rely mostly on unprocessed, healthy food.

