



Macronutrient Basics

Protein

- Protein is crucial for growth and repair of the muscles and for maintenance of good health.
- Protein provides 4kcal per 1g.
- The amount of Protein required depends on the individual. Height, muscle mass and activity levels will affect protein requirements.
- Protein from animal sources (E.g. Fish, meat, eggs and dairy) contain all the essential amino acids needed by the body.
- Protein from plant sources (E.g. Pulses, cereals) also contain all the essential amino acids needed by the body.

Carbohydrates

- Starchy foods are our main source of carbohydrate and play an important role in a healthy diet.
- Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.
- Carbohydrates provide 4kcal per 1g.
- Carbohydrates include, potatoes, bread, cereal products, rice and grains.
- The amount of Carbohydrates you should eat in a day depends on the individual/their goal.

Fibre

- Most of the recommended foods that are high in carbohydrate are also high in dietary fibre.
- Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.
- Dietary fibre does not actually provide us with any calories
- Fibre is found in wholegrain breads and cereals, many fruits and vegetables, and legumes such as peas, beans and lentils.
- Fibre passes directly through us without being digested; it keeps our 'bowel movements' regular and helps make us feel full without actually providing us with any calories.

Fats

- A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself.
- Fat helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, meaning they can only be absorbed with the help of fats.
- Any fat not used by your body's cells or to create energy is converted into body fat. Likewise, unused carbohydrate and protein are also converted into body fat.
- Fats provide 9kcal per 1g.
- Fats include salmon, sardines, nuts and seeds, sunflower and olive oils, avocados.