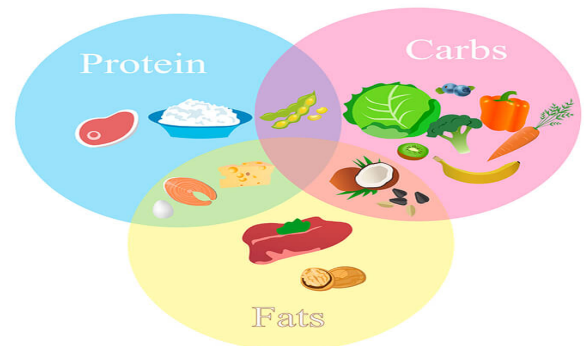


MACRONUTRIENTS V.S. MICRONUTRIENTS

Monthly newsletter edited by Amanda Murphy

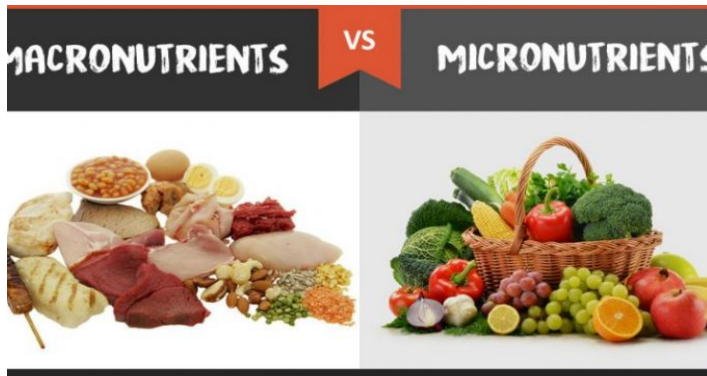
**What exactly are
Macronutrients and
Micronutrients, and why do
they matter?**

anyone can truly transform their body and health by tracking their own macros. Starting with carbs, of



www.dynamicdnalabs.com

course carbs come from things like doughnuts, chips, pizza, and is even high in drinks like soda. However, if looking to eat healthy carbs, proteins, and fats, these are the types of foods you should be grabbing for! For carbs, look to aim for lots of vegetables, and things like rice, potatoes, quinoa, pasta, oatmeal, beans, and bread. For fats, you want to aim for avocados, peanut butter, almond butter, olive oil, all kinds of seeds, salmon, and different kinds of nuts like peanuts, pistachios, almonds, and cashews. Lastly, for protein, you want to grab either chicken, turkey, eggs, protein powder, tofu, tempeh, steak, shrimp, cottage cheese, and Greek yogurt. In terms of calories, carbohydrates and protein have 4 kcals per gram, and fats have 9 kcals per gram. It is very important to have a balance of all three of these nutrients whenever you eat if possible so you can feed and fuel your body!



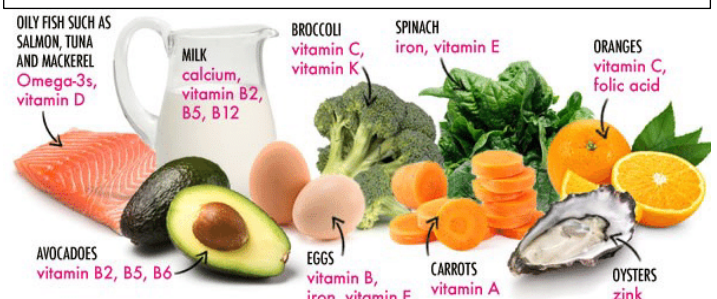
www.publichealthnotes.com

When talking about health and fitness, a popular topic is about what foods we should eat and why. Some of you may have even heard of the words macronutrients and micronutrients thrown around, but is there any meaning to it and do they really matter? The answer is yes! Macronutrients are nutrients that our bodies need in an excess amount in order to fuel our everyday activities. Micronutrients, however, are just as important as macros, but are needed in much, much smaller amounts. Micronutrients are vitamins and minerals that we derive from the food and drinks we consume, and also can be supplemented to our diet in the form of pills and powders. Both are vital to our health and wellness!

MACRONUTRIENTS

Macronutrients are categorized as carbs, protein, and fats, and we get fuel for our bodies from these foods when we consume them. Macronutrients are where our calories are derived from, and it is recommended from the Dietary Guidelines that 45-65% of our daily calories come from carbs, 20-35% from fat, and 10-35% from protein. Each percentage varies from person to person, but by figuring out what percentage is perfect for your body and needs

MICRONUTRIENTS



www.researchgate.net

This picture is showing how you can get your daily micronutrients, aka vitamins and minerals, from your food sources.



eyogguero.com

This picture is showing how if you are deficient in certain vitamins from your diet, you can supplement them instead.

Micronutrients are the vitamins, minerals, and antioxidants found in the foods we eat. A sufficient amount of all micronutrients is very important and a necessity for ideal health. All vitamins and minerals have a different role in your body and can do anything from fighting off disease to repairing cell damage. That is just two of hundreds of things that vitamins and minerals can do for you. Vitamins are separated into two categories, those being fat-soluble and water-soluble vitamins. Water soluble vitamins cannot be stored and are used immediately. Since they cannot be stored, it is important to restock those vitamins when low. Any excess will be discrete in the urine. Fat soluble vitamins, however, can be stored in the liver and fatty tissues for the future. Unlike water soluble vitamins, if

there is excess of the fat-soluble vitamins they cannot be excreted through urine and is possible to become toxic and even overdose on an excess amount.

Macro and Micro-nutritional meal



www.inspiredtaste.net

This picture is Avocado Egg Toast. It is extremely nutritional and has the perfect balance of carbs, fat, and protein. It also has some essential vitamins as well, which makes for a very well-rounded meal. The bread is the carb source, and since it is whole wheat bread it has quite a few vitamins and minerals. The avocado is the healthy fat source and has a variety of vitamins and minerals, a couple, but not all, being vitamin C, E, K, and B-6. Lastly, are the eggs which accounts for vitamins and minerals as well but is the main source of protein.

Web Site	Description	Link
Amazing Grass	Provides a broad description of what macros and micros are and how much is needed	https://www.amazinggrass.com/blog/articles/micronutrients-vs-macronutrients-much-need/
Healthy Eater	Gives 15+ macro-friendly , balanced and healthy recipes	https://healthyeater.com/protein-macro-friendly-meals
Healthline	Gives a step by step guide on how to track your macros	https://www.healthline.com/nutrition/how-to-count-macros
Fitbit	Shows you how to adjust your macros to change your body	https://blog.fitbit.com/counting-macros-can-help-reach-health-goals/
Merck Manual	Goes into depth about the different kinds of fats, and carbs	https://www.merckmanuals.com/home/disorders-of-nutrition/overview-of-nutrition/carbohydrates,-proteins,-and-fats
Skinny Taste	Gives the recipe and calories for avocado egg toast	https://www.skinnytaste.com/avocado-toast-with-sunnv-side-egg/