



# Macronutrients



## Carbohydrates

ENERGY!

CARBOHYDRATES ARE BROKEN DOWN BY THE BODY AND CONVERTED INTO GLUCOSE. THIS IS ABSORBED THROUGH THE SMALL INTESTINE WHERE IT IS ABSORBED INTO THE BLOOD STREAM.

GLUCOSE (BLOOD SUGAR) IS A SOURCE OF ENERGY FOR THE BODY, ALLOWING IT TO NOT ONLY MOVE AND EXERCISE BUT FOR MAJOR ORGANS TO FUNCTION AND CHEMICAL REACTIONS TO OCCUR.

A RAPID SPIKE IN BLOOD GLUCOSE (QUICK ABSORPTION) CAN BE DETRIMENTAL TO YOUR HEALTH AND CAUSE CONDITIONS SUCH AS DIABETES MELLITUS (TYPE II) AND CARDIOVASCULAR DISEASE WHILST CONTRIBUTING TO CHRONIC INFLAMMATORY CONDITIONS SUCH AS ARTHRITIS, IBS AND ASTHMA.

SIMPLE CARBOHYDRATES SPIKE BLOOD GLUCOSE RAPIDLY. COMPLEX CARBOHYDRATES ARE SLOWLY DIGESTED MEANING THE INCREASE IS GRADUAL. THEY GENERALLY CONTAIN OTHER BENEFICIAL NUTRIENTS FOR THE BODY AND ARE THEREFOR THE PREFERENCE.



## Protein

BUILDING BLOCKS.

PROTEIN IS INVOLVED WHERE THE BODY IS GROWING, REPAIRING OR REPLACING TISSUE.

A DIET CONSISTING OF ADEQUATE PROTEIN HELPS US TO GROW AND DEVELOP. PROTEIN HELPS WITH SATIETY (FEELING OF FULLNESS) WHICH AIDS CONSUMPTION AND WEIGHT MANAGEMENT.



## Healthy Fat

TRANSPORTATION.

HEALTHY FATS HELP TO TRANSPORT NUTRIENTS AROUND THE BODY TO WHERE THEY ARE REQUIRED MOST.

THEY ALSO HELP TO LUBRICATE JOINTS, STORE ENERGY, INSULATE AND PROTECT VITAL ORGANS.

**Macronutrients are required in large amounts by the body. Macro = big!**

