



TRINITY
school of natural health



The Macros of

Daily Nutrition

BY TRINITY SCHOOL OF NATURAL HEALTH

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What are Macronutrients?

————— You may have heard of “counting macros” when it relates to losing weight or managing a diet, but what exactly are macros? “Macros” is short for macronutrients, and these are the nutrients that your body needs in large amounts to provide energy, as calories, and the building blocks of cellular growth, immune function, and overall repair.¹

THREE TYPES OF MACRONUTRIENTS

Macronutrients can be broken up into three categories: carbohydrates, proteins, and fats. Each plays a vital part in physical well-being, performing different roles to allow the body to function properly.

| **Carbohydrates:**

Carbs are your body’s primary fuel source. All carbohydrates are eventually broken down into glucose, which is the main energy source for your body. In fact, specific organs, such as the brain, need glucose to function properly.² There are two kinds of carbohydrates, simple and complex, that are characterized by the time it takes the body to break down the foods for energy.³ Simple carbohydrates break down quickly and include foods like:

- **Table sugar**
- **Honey**
- **Syrups**
- **Candy**
- **Fruit juice, sweetened tea, soda**
- **Milk**

Complex carbohydrates take the body longer to break down into usable energy and include foods like:

- Peas, beans, legumes
- Rice
- Whole grains
- Vegetables
- Breads and cereal
- Pasta

Get into the habit of eating a healthy amount of carbohydrates by taking simple steps like using organic honey on yogurt, toast with breakfast, or adding beans as a side dish to your meal twice a week. This can help you feel more energized and satisfied with your eating lifestyle.



| Protein:

Protein provides the body with amino acids, which are the building blocks for muscle and other important structures such as the brain, nervous system, blood, skin, and hair. Protein also transports oxygen and nutrients.⁴ Protein can be broken into two different categories: complete proteins and incomplete proteins. Complete proteins contain all the necessary amino acids that your body needs in appropriate amounts.⁵ These include foods such as:



MEAT



POULTRY



SEAFOOD



EGGS



MILK



QUINOA



EDAMAME



Incomplete proteins do not contain all the necessary amino acids for your full daily nutritional value, but you can eat them together and get all the amino acids your body needs.⁶ These include foods such as:

- **Nuts**
- **Seeds**
- **(Most) grains**

Incorporating protein that fulfills your daily nutritional requirement into your diet is important to keeping your body functioning properly. Consider adding one protein source to each meal, whether meat-based (like organic, lean chicken) or plant-based (like a quinoa salad). Making these simple, nutritious choices can help the functioning of your muscles and your overall wellness.

| **Fat:**

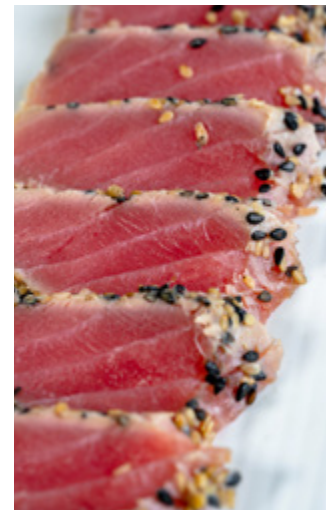
Often, people consider fatty foods to be negative; however, your body needs fat to function properly. Consuming fat allows your body to store energy, provide protection for your organs, make certain hormones, absorb fat-soluble vitamins, and support cell membrane integrity.⁷ There are three types of fat: trans-fat, saturated fat, and unsaturated fat. You should avoid food with trans-fat because it harms your body, including raising the risk of developing heart disease. Food with trans-fat includes:

- **Margarine**
- **Shortening**
- **Some baked goods**
- **Fried foods**

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Saturated fat is found mostly in animal sources with high fat content, and it is recommended that 5-6% of your calories come from this kind of fat.⁸ Foods with saturated fat include:

- **Fatty beef**
- **Lamb**
- **Pork**
- **Poultry with skin**
- **Lard**
- **Cream**
- **Butter**
- **Full-fat cheese**



Some fats are good for you, which is the case for unsaturated fats. These healthy fats can decrease your risk of heart disease and help your body function properly.⁹ Unsaturated fats include foods such as:

- **Avocados**
- **Nuts and nut butters**
- **Seeds**
- **Olives**
- **Oils (olive, canola, safflower, etc.)**
- **Fatty fish (salmon, mackerel, sardines, tuna, and herring)**

A practical way to give your body the fat it needs in appropriate amounts is to choose foods with unsaturated fat more often than saturated. Try substituting buttery toast for avocado toast at breakfast, or add one fish-based meal to your week instead of beef.

BALANCING MACRONUTRIENTS

If you want to have a healthy lifestyle, balance is always key. This is also the case for eating macronutrients. The balance of these food groups is called a macronutrient split, which recommends that your macro diet consists of 45-65% carbohydrates, 10-35% protein, and 20-35% fat.¹⁰ While this is helpful information, each body is different, and the healthy balance of one person may not necessarily work best for you. If you're interested in keeping track of your macronutrients, there are several apps that can help, like MyMacros+, MyFitnessPal, and Fitbit.¹¹

Conclusion **The Macros of Daily Nutrition**

While being mindful of a healthy lifestyle is important, counting macros and obsessing about staying within a certain range may lead to an unhealthy fixation with food and calories or cause disordered eating tendencies.¹² If you know that this could be a harmful process for you, simply focus on choosing meals that contain different kinds of foods that support your body's functionality and overall health. At Trinity School of Natural Health, we teach you how to maximize your nutrition, adopt a healthier lifestyle, and equip others to be healthy, too. Enroll in our Certified Nutritional Consultant program today by calling 800-428-0408, option 2, or visit our website to learn more at TrinitySchool.org/CNC.





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