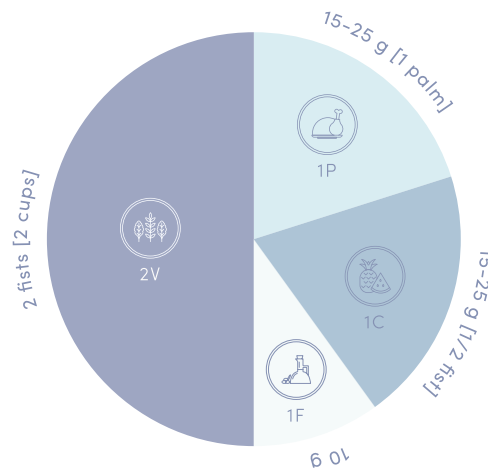


# macronutrients 101

- **macronutrients** are the structural and energy-giving caloric components of our foods that most of us are familiar with. They include carbohydrates, fats and proteins. Each different macronutrient gives a different set of information to the body on how to function efficiently. In order to capitalize on this messaging, consistent intake is key.
- **micronutrients** are the vitamins, minerals, trace elements, phytochemicals, and antioxidants that are essential for the utilization of our macronutrients as well as for graceful aging. It's best to get micronutrients from whole foods, where they are most abundant and easily accessible.

## action step

consider using the base plate as your guide for ratios of macronutrients to one another. Then begin to focus on emphasizing specific macronutrients when your body needs them the most as shown in the diagram below



## circadian macronutrient emphasis



	fats	proteins	carbs
WHY	fats are the longest burning source of fuel making them an ideal morning option	proteins take time in the stomach to break down and require lots of digestive enzyme production making them a midday staple	complex carbs quickly energize the body + fuel the brain making them essential to an energized backend to the day

vegetables can be consumed all day long with reckless abandon in a consistent and steady influx - strive to include vegetables in every meal as a pre-requisite to all other macronutrients

# vegetables



- 2 V = 2 cups = 2 fists
- examples of ways to add V to your day



- breakfast – greens in smoothies // green vegetable juices // vegetable hashes
- lunch + dinner – salad // sheet pan meals // soups // roasted vegetables
- snacks – chopped veggies

# proteins



- 1 P = 15-25 g = 1 palm
- examples of ways to add P to your day
  - animal protein
  - plant protein - legumes
  - protein powder - clean



# carbs



- 1 C = 15–25 g = ½ fist
  - root vegetables roasted
  - fresh seasonal fruit
  - legumes // beans
  - grains [not ground into flour or processed in any way]



# fats



- 1 F = 10 g = thumb or small handful
- examples of ways to add F to your day



- cook with olive oil // avocado oil // coconut oil
- add nuts or nut butter to smoothies
- sprinkle nuts on salad
- top dishes with avocado
- weave fish or fish oil into your day

