

MACRONUTRIENTS AND THEIR ROLES IN THE BODY



CARBOHYDRATES:

- Gets you going and gets you to go!
- Main fuel source for body in form of glucose
- Carbs in form of fiber keeps you regular
- Without enough carbs, body will take protein from muscles to use as energy → loss of muscle



PROTEINS:

- The building blocks of your body!
- Proteins made up of amino acids which are involved in many of the body's functions
- Proteins form hormones, enzymes, and antibodies for immunity
- Without enough protein, body will take the protein already stored and use for energy → can't use to build up body



FATS:

- Fats keep us protected inside and out!
- Insulates the body and keeps our skin healthy
- Surrounds and protects our internal organs from injury
- Transports vitamins A, D, E, K throughout the body
- Without enough fat, body functions can decrease → dry skin, feeling cold, & issues with vitamin deficiencies