

Macros to MyPlate

Macronutrients, or macros, are the three parts of food that the body uses for energy: carbohydrates, protein and fat. Each is essential for the body.

What is protein? Protein helps build, repair and maintain muscle.

What is a carbohydrate? Carbohydrates are the preferred energy source of the body and brain. Carbs come in 2 forms – complex and simple – and each play an important role. Complex carbohydrates are long lasting energy that break down slowly in the body. Simple carbohydrates are quick acting energy ideal for immediate use and should be eaten less frequently. They can be helpful in providing quick energy right before or during exercise. At least half of the calories that are consumed should come from healthy, high quality complex carbohydrates.

What is a fat? Healthy fats help absorb certain vitamins (Vitamins A, E, D & K) and provide energy. The healthiest fats will be liquid at room temperature. Fat not only helps absorb nutrients, but also helps with satiety or the feeling of fullness.

Most foods contain more than one macronutrient.

A balanced diet that typically looks like MyPlate will contain the right amount of macros your body needs.

Choose high nutrient carbohydrate foods more frequently like whole grains, low fat dairy and fruits and vegetables. Choose low nutrient foods less frequently like highly refined foods like candy, sodas and sports drinks, white breads and pastas.

Foods like beans and legumes, low fat dairy and whole grains contain both protein and carbohydrates. Choose these foods more often.



Foods like nuts, nut butter, ribeye and chicken thighs are high in protein but also fat. Choose lower fat proteins like chicken breast, pork or beef round or loin more often.

