

# Macronutrients

“Macro” = Large



**Fat**



**Protein**



**Carbohydrates**

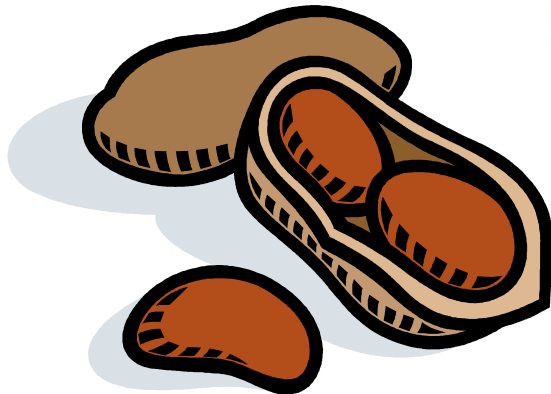
Revised September 2013

# Fat

Long lasting energy

Helps us feel full

Keeps our skin and nerves healthy

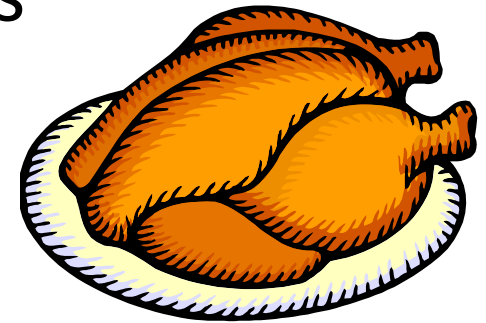
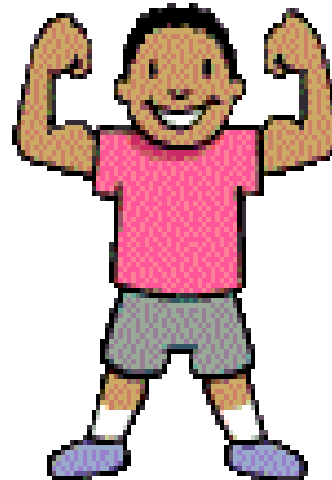
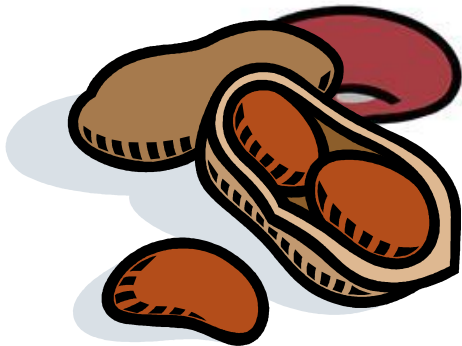
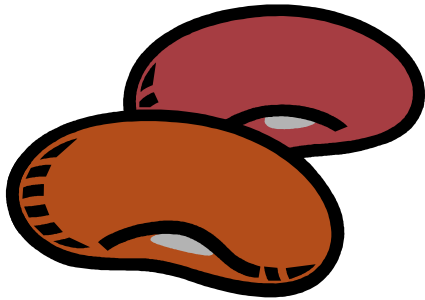


# Protein

Long lasting energy

Repairs tissues

Builds strong muscles



# Carbohydrates

Quick energy so we can be active!



Use **MyPlate** to make balanced meals that have each macronutrient!

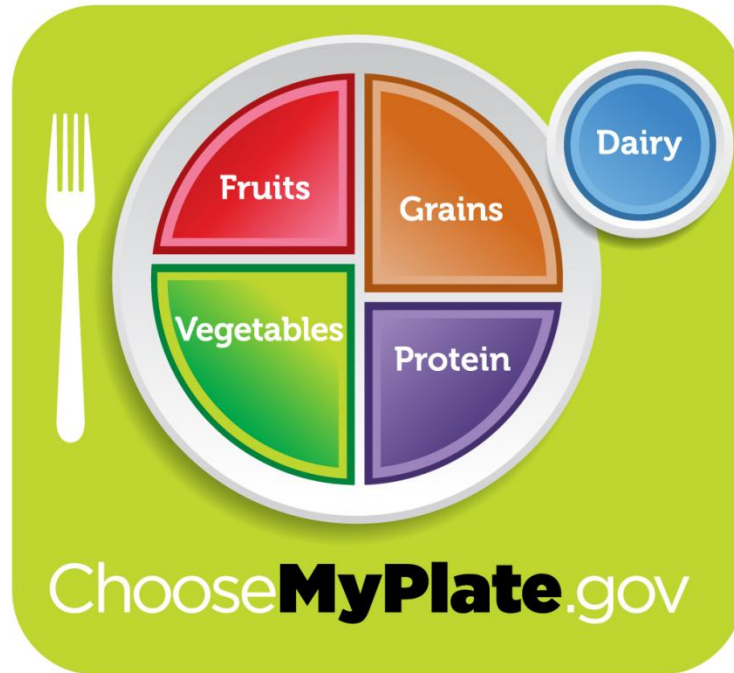


Image courtesy of [www.choosemyplate.gov](http://www.choosemyplate.gov)



# Fat

Milk



Cheese



Yogurt



Nuts



Fish

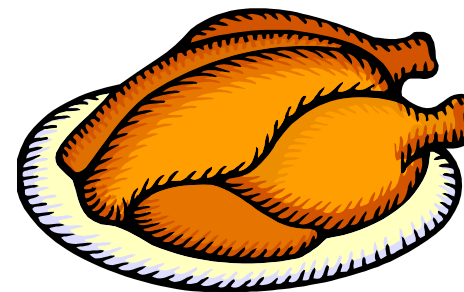
# Protein



Meat



Nuts



Chicken/Turkey



Beans

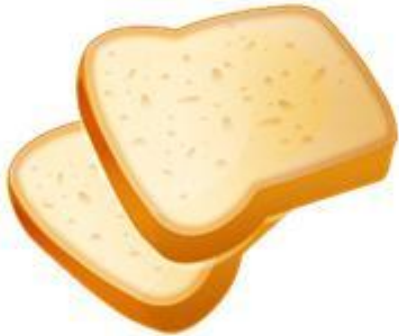


Salmon/Fish



Milk

# Carbohydrates



Bread



Milk



Yogurt with fruit



Fruits



Cereal with fruit



Vegetables