

Macronutrients

Macronutrients are nutrients that we need in large quantities for healthy growth. These are the nutrients that give us energy. Micronutrients are nutrients that are important but needed in very small amounts: vitamins and minerals.

There are three macronutrients: fat, protein and carbohydrates.

1. Fat

- Gives us energy, helps us feel full, and keeps our skin and nerves healthy.
- Unsaturated fat provides the best energy.
- Found mostly in the **protein, grain, and dairy** food groups.



2. Protein

- Gives us energy, repairs tissues, and builds strong muscles.
- Lean protein provides the best energy.
- Found mostly in the **protein, dairy and grains** food groups.

3. Carbohydrates

- Gives us a quick energy and fiber which helps us feel full and keeps our digestive tract healthy.
- Whole food carbohydrates provides the best energy.
- Found in all five food groups: **grains, fruits, vegetables, dairy, and protein.**



Avocado Bean Dip

This avocado bean dip has a balanced mix of healthy **fat, protein, and carbohydrates.**



- Three 15 oz. cans black beans, rinsed and drained of liquid
- 1 avocado
- 1-14.5 oz. can diced tomatoes
- Fresh basil
- Seasoning (olive oil, lemon juice)

Directions: Place ingredients in a deep bowl and process with hand blender until desired consistency and serve.