

What are Macronutrients?

Hey Connor! Today, we're going to talk about **macronutrients**. These are essential nutrients that your body needs in large amounts to function properly. There are three main types of macronutrients: **carbohydrates, proteins, and fats**. Let's break each of these down step by step!

1. Carbohydrates

Carbohydrates are your body's main source of energy. They are found in foods like bread, rice, pasta, fruits, and vegetables. When you eat carbohydrates, your body breaks them down into glucose, which is used for energy.

Types of Carbohydrates:

- **Sugars:** Simple carbohydrates that give you quick energy (like candy or juice).
- **Starches:** Complex carbohydrates that provide sustained energy (like whole grains and legumes).
- **Fiber:** A type of carbohydrate that helps your digestive system.

2. Proteins

Proteins are important for building and repairing tissues in your body, especially muscles. They are made up of smaller units called **amino acids**. You can get protein from foods like meat, fish, eggs, dairy, beans, and nuts.

Functions of Protein:

- Supports muscle growth and repair.
- Helps create enzymes and hormones.
- Provides energy when needed.

3. Fats

Fats are a concentrated source of energy and help your body absorb certain vitamins. There are different types of fats, some are healthier than others. Foods high in fats include oils, butter, avocados, and nuts.

Types of Fats:

- **Saturated Fats:** Found in animal products and some oils; should be eaten in moderation.
- **Unsaturated Fats:** Found in foods like olive oil and fish; these are healthier fats and are good for you.
- **Trans Fats:** Often found in processed foods; these should be avoided as much as possible.

Why Are Macronutrients Important?

Each macronutrient plays a unique role in your overall health, energy levels, and development, especially at your age when your body is growing. It's important to have a balanced diet that includes all three macronutrients to support your physical and mental health.

Conclusion

In summary, carbohydrates, proteins, and fats are all crucial for your body. Make sure you include healthy sources of each in your meals for optimal health and energy. If you have any questions, feel free to ask!