

UNDERSTANDING MACRONUTRIENTS

Eating a healthy, well-balanced diet with carbohydrates, proteins, and fats supports a healthy immune system. Easily identify common sources and roles of macronutrients with this helpful chart.

	CARBOHYDRATE	PROTEIN	FAT
ROLE OF MACRONUTRIENT	<ul style="list-style-type: none"> Carbohydrates are a primary energy source for exercising, so quality and quantity matter. Mealtime carbohydrates should be from grains, fruits and vegetables. Fiber rich sources such as whole grains are good sources of prebiotics, which serves as food for the healthy bacteria in your gut. During exercise sources of carbohydrate should be easily digested. 	<ul style="list-style-type: none"> Protein's primary role is to help rebuild muscle after exercise. Post-workout protein intake will vary. Look to consume about 20g of protein (0.25g/kg). Protein intake should occur equally throughout the day. This includes a quality source of protein at each meal and before bed. Some protein sources such as yogurt and kefir are also good sources of probiotics, which are the healthy bacteria that live in your gut. 	<ul style="list-style-type: none"> Strive to eat two cold-water fish meals—such as salmon, albacore tuna or cod—per week. These are good sources of Omega 3 fats. Limit saturated fat intake to <10% of total daily calories. Limit intake of coconut and palm oil. Choose lean meats and reduced fat dairy more often. Your performance staff can help determine what is best for you based on your goals.
FOOD SOURCES	<ul style="list-style-type: none"> Bread, mostly 100% whole grain Whole grain cereals Potatoes Rice Pasta Fruits Vegetables Sports drinks like Gatorade® Thirst Quencher during exercise Energy Chews during exercise 	<ul style="list-style-type: none"> Milk Yogurt, kefir, cheese Eggs Red meat Chicken Fish Beans Soy products (tofu and edamame) Protein shakes, including Gatorade® and Muscle Milk® Protein Shakes 	<ul style="list-style-type: none"> Salmon Mackerel Sardines Nuts, nut butter Seeds (pumpkin and sunflower) Sunflower seed butter Olive oil Canola oil Chia seeds Flaxseeds

SOURCES:

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