



PROTEIN, CARBS AND FATS

A QUICK OVERVIEW

PROTEIN

USES IN THE BODY:

- Building block for muscle tissue
- In every cell in the body
- Involved in hormone and enzyme production
- Building blocks of antibodies

FOUND IN:

FISH/SEAFOOD: Salmon, tuna, swordfish, halibut, clams, shrimp, mussels

ANIMAL MEATS: Beef, pork, chicken, turkey, lamb, bis

DAIRY: Milk, cottage cheese, yogurt, cheese, eggs

PLANT SOURCES: Beans, nuts, lentils, tofu, edamame, nuts, seeds

SUPPLEMENTS: Whey or casein protein

CARBOHYDRATES

USES IN THE BODY:

- Supplies energy to all body cells
- Converts to building blocks of DNA & RNA
- Adequate levels help spare proteins by preventing conversion to glucose
- Involved in lipid (fat) metabolism

HEALTHY CARBOHYDRATES:

WHOLE GRAINS: rye, barley, quinoa

LEAFY GREEN VEGETABLES: lettuce, kale, spinach

VEGETABLES: broccoli, cauliflower, peppers, cucumbers, zucchini

FRUITS: apples, oranges, pears, berries, melons

STARCHES: brown rice, wild rice, sweet potatoes, beets

DAIRY: milk, cottage cheese, yogurt

UNHEALTHY CARBOHYDRATES:

White bread, pastries, candy, desserts, sodas, most sports drinks

FATS

USES IN THE BODY:

- Energy source (can be stored for later use)
- Repair of brain and other cells
- Hormone biosynthesis

HEALTHY FATS

Omega-3 and Omega-6 Essential Fatty Acids (EFAs)

FOUND IN:

Salmon, Tuna, Sardines, other fish, nuts, seeds and their oils

Monounsaturated fatty acids (MUFAs)

FOUND IN:

Avocados, peanut butter, olive oil, nuts

Polyunsaturated fatty acids (PUFAs)

FOUND IN:

Plant-based foods and oils – nuts, seeds, coconut oil, avocados, cacao Fish – Salmon, tuna, sardines, anchovies