

MACROS CHEAT SHEET

CARBS: THE BODY'S PRIMARY SOURCE OF ENERGY

- Carbs are the body preferred energy source.
- Every cell and tissue in the body can use glucose (the simple form carb) for energy.
- Prevents the body from using protein as an energy source.
- Dietary fibers in carbs contribute to overall health of the colon in regulating blood sugar.



PROTEIN: THE BUILDING BLOCK OF TISSUE

- Essential for the growth and repair of tissue
- Important for making hormones and enzymes
- Can be used as an energy source when energy from carbs is limited.
- Every cell in the body contains protein and is used in the formation of many molecules essential for life.



FATS: THE BODY'S INSULATOR + ENERGY SOURCE

- Essential for the growth and repair of tissue
- Important for making hormones and enzymes
- Can be used as an energy source when energy from carbs is limited.
- Every cell in the body contains protein and is used in the formation of many molecules essential for life.

