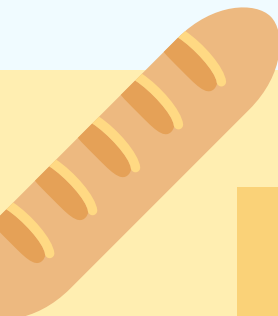


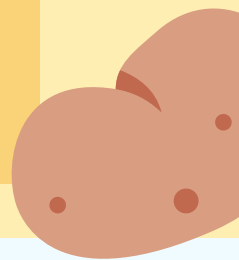
MACRONUTRIENTS

CARBOHYDRATES




The body's **main source of energy** and is the key fuel source for exercise and sport.

Foods with **carbohydrates**:

- Bread, rice, pasta, oats, quinoa, couscous
 - Starchy vegetables (potatoes, corn and pumpkin)
 - Beans and pulses
 - Some dairy foods (milk, yoghurt)
 - Fruit
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PROTEIN




Mainly used by our body to **build and repair muscle tissue**, but has many other important functions as well.

Foods with **protein**:

- Meat (beef, chicken, lamb, pork or kangaroo)
 - Fish and seafood
 - Eggs
 - Dairy food (milk, yoghurt)
 - Beans and pulses
 - Nuts
 - Soy and tofu products
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FAT



Used by the body as **energy**, storage for **vitamins**, for production of **hormones** and as protection for our **organs**.

UNSATURATED ("HEALTHY") FATS:
Beneficial to heart health.

- e.g. fish, nuts, avocado and vegetable oils (olive, canola, sunflower, rice bran).

SATURATED ("UNHEALTHY") FATS:
Can be bad for heart health.

- e.g. meat fat, butter, full-fat dairy, coconut oil and discretionary foods (like chips, biscuits and cake).
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