

What are Macronutrients

The main nutrients the body needs for energy and to maintain the body's structure and systems

CARBS

PROTEIN

FAT



What are macronutrients?

There are three principal nutrients in our diet: carbohydrates, proteins and fats and together they are known as macronutrients. Macro means large, and these are the nutrients we need in the largest quantities for energy, growth, and repair. It can be useful to think about macronutrients in terms of proportions of each major group on your plate to ensure you get an adequate intake of each to support your health and wellbeing. Alongside these, are two other essential nutrients; fibre and water.

Carbohydrate

Sugar

Fibre

Starch

Carbohydrates are the main energy source of the diet. Your body breaks down carbohydrates into glucose for use in cells, tissues, and organs or stores it in the liver and muscles for later use. Carbohydrates are divided based on the sugar, fibre, starch units they contain.

Protein

Amino Acids

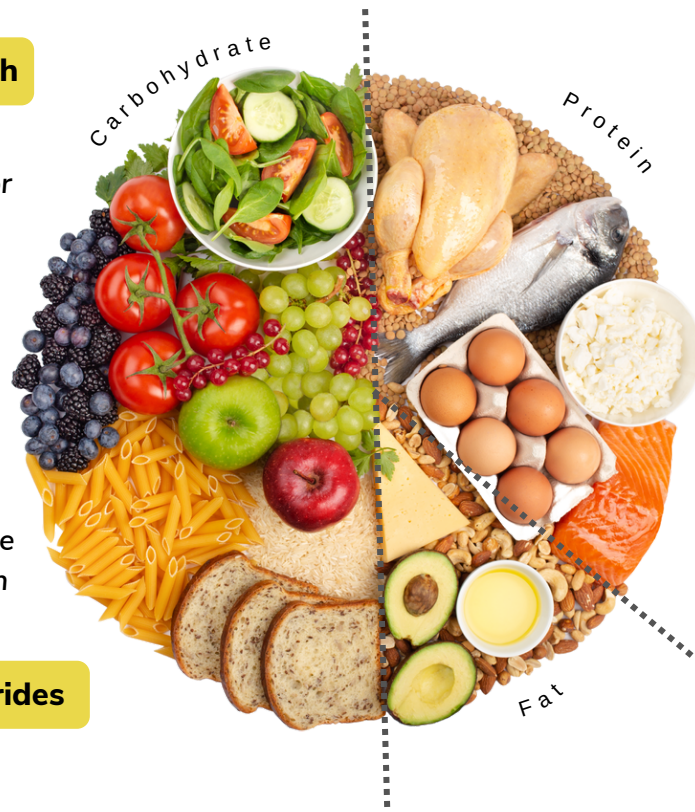
Protein is important to the structure, function, and regulation of the body. It helps repair and build your body's tissues, allows metabolic reactions to take place and coordinates bodily functions. Protein is made from twenty basic building blocks called amino acids.

Fat

Fatty Acids

Triglycerides

Fat provides a source of dietary energy, insulates and protects your organs, supports cell growth, hormone production and signalling and helps your body absorb vital fat-soluble nutrients. Fats are composed of molecules called fatty acids & triglycerides.



How much of each macronutrient do we need?

The amount may vary based on individual health status. See the [BANT Wellness Solution](#) for recommendations.

