

Eating Well

What are macronutrients and why are they important?



Microboards
Australia

Eating well means having enough macronutrients



Protein



Carbohydrates



Fat

Why is protein important?



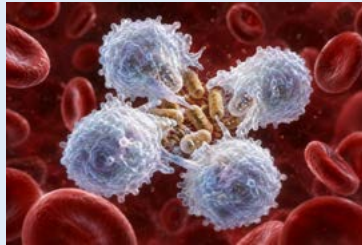
Protein



Build muscles



Repair skin and wounds



Strong immunity



**Healthy bones, hair
and nails**

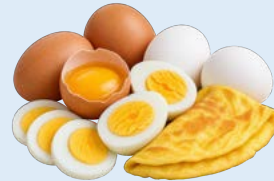
Where does protein come from?



Meat



Fish & seafood



Eggs



Dairy



Soy foods



Nuts



Seeds



Beans & lentils

Carbohydrates – the type of carbohydrate matters



Complex carbohydrates



Simple carbohydrates

Why are complex carbohydrates important?



Carbohydrates



Energy for thinking



Energy for moving



Bowel health



Manage blood sugar and
cholesterol

Where do complex carbohydrates come from?



Wholegrains



Wholegrain bread



Wholegrain pasta



Wholegrain snacks



Starchy vegetables



Other vegetables



Whole fruits



Beans and lentils

Fats – the type of fat matters



Unsaturated fats



Saturated fats

Why are unsaturated fats important?



Unsaturated fat



Better heart health



Better nutrient absorption



Hormone regulation



Less inflammation

Where do unsaturated fats come from?



Unsaturated fat



Fish



Olive, avocado or canola oils



Avocado



Nuts and seeds

The right macronutrients can make a big difference to the energy we have to think and move, and to our health



Protein



**Complex
carbohydrates**



Unsaturated fat