



PROTEIN FAT CARBS 101

WHAT are they and
WHY do we need them?

PROTEIN

Protein is incredibly important, and without it our body composition and health greatly suffer as a result.

Proteins provide building materials – amino acids – for growth and repair of body tissues. When wanting to change your body composition a high protein diet is essential.

As it is harder to digest protein it takes more calories to do so. Therefore, you burn more calories with a higher protein diet.

1g = 4kcal





CARBOHYDRATES

Carbohydrates are a major macronutrient and the primary source of energy for the body and brain.

There are two types: simple and complex.

Simple – sweets.

Complex – bread/veg.

Simple carbs (sweets) are broken down quick hence the spike in energy.

Complex carbs (rice) are broken down in a much longer time hence they keep you fuller for longer.

1g = 4cal

FATS

Fats is used for energy. It is much more dense. 1g of fats is 9 cals – yet people do a lower carb diet to lose weight?

Fats are much more dense YET they are important. They protect vital organs and insulate the body. They also produce hormones.

1g = 4kcal