



# APRIL WELLNESS:

## MACRONUTRIENTS & MICRONUTRIENTS FOR HEALTHY EATING

Both macronutrients and micronutrients are essential for healthy eating. *Macronutrients* give your body energy and keeps it functioning properly. *Micronutrients* are needed for bodily functions such as digestion, hormone production and brain function. Including both macronutrients (carbohydrates, proteins and fats) and micronutrients (vitamins and minerals) in your food intake will help ensure that you are getting what your body needs.

Here is some quick information on macronutrients and micronutrients for healthy eating:

### MACRONUTRIENTS:

*Carbohydrates* are the main source of energy. They also aid digestion.

*Protein* is important for building and repairing muscle, tissue and organs. It also aids in hormone regulation.

*Fats* are important for the fat soluble vitamins A,D,E and K.

The recommended amounts of macronutrients from the Dietary Guidelines for Americans are:

Carbohydrates: 45% - 65%

Protein: 10% - 35%

Fat: 20% - 35%

*\* Please note that these percentages may change based on factors such as age, sex, medical conditions, lifestyle habits and activity levels. It is always best to talk with your doctor and/or a registered dietitian or nutritionist to get a personalized nutrition plan.*

### MICRONUTRIENTS:

Micronutrients, which are vitamins and minerals, are needed for our bodies to function optimally. The vitamins needed are: *Vitamin B1, B2, B3, B5, B6, B7, B9, B12* and *C*. The minerals are: *Calcium, Magnesium, Sodium* and *Potassium*. Some of the benefits of minerals include:

Strong bones and teeth, and aid with muscle function from Calcium.

Assistance in blood pressure regulation from Magnesium.

Optimal fluid balance from Sodium.

Assistance with muscle function and nerve transmission from Potassium.

To learn more about each mineral, and to see the benefits of each vitamin listed above, click on the article link below.

To learn more on both macronutrients and micronutrients, click here to reach the full article from the Cleveland Clinic: [What Are Macronutrients and Micronutrients?](#)