Macronutrients

Pop Quiz!

1. Which is NOT an example of a complex carbohydrate?
   a. Whole wheat bread
   b. Kidney beans
   c. Oatmeal
   d. Canned peaches

2. Protein should make up how much of your daily calorie intake?
   a. 5-10
   b. 15-20
   c. 55-60
   d. 75-80

3. Which type of fat should you try to completely eliminate from your diet?
   a. Saturated fat
   b. Unsaturated fat
   c. Trans fat
   d. Polyunsaturated fat
## Macronutrients

### Carbohydrates

**Choose these often**
- Whole grains
  - Whole wheat bread
  - Whole wheat pasta
  - Oatmeal
  - Wild or Brown Rice
  - Quinoa
  - Millet
  - Amaranth
- Vegetables
  - Broccoli
  - Cauliflower
  - Spinach
  - Green Beans
  - Carrots
  - Peppers
  - Kale
- Fruit
  - Apples
  - Oranges
  - Bananas
  - Mango
  - Plums
  - Grapes
  - Berries

**Choose these sparingly (if at all!)?**
- White breads
- White pasta
- Cookies
- Sugar sweetened beverages

### Protein

**Choose these often**
- Lean Meats
  - Skinless chicken breast
  - Pork with excess fat removed
  - Salmon
  - Tuna
  - Tilapia
  - Turkey
  - Venison
- Plant Proteins
  - Kidney Beans
  - Lentils
  - Black Beans
  - Peas
  - Garbanzo Beans
  - Soy Beans
  - Pinto Beans

**Choose these sparingly (if at all!)?**
- Sausage
- Bacon
- Fried meats

### Fat

**Choose these in moderation**
- Vegetable Oils
- Fatty plant foods
  - Avocado
  - Olives
  - Almonds
  - Pecans

**Choose these sparingly**
- Butter
- Lard
- Creamy Sauces
- Creamy Salad Dressings
- Mayonnaise
- Anything that says “trans fat”