

Macronutrients

- Carbohydrates are split into 3 sub-groups, sugars, starches and fibres.

Carbohydrate rich foods:

- Pasta
- Rice
- Noodles
- Oats
- Quinoa
- Sweet potatoes
- Chickpeas
- Bread
- Crackers
- Cereals
- Corn



- Proteins are also split into 3 sub-groups, **essential** (meaning our body cannot produce these internally, so we need to get these from our diet), **non-essential** (which means our body can produce these itself) and **conditionally essential** meaning our body only needs these amino acids occasionally.

Protein rich foods:

- Soya
- Quinoa
- Meat
- Poultry
- Fish
- Eggs
- Dairy
- Tofu
- Tempeh



- Fats are divided into *saturated* and *unsaturated*. **Unsaturated** fats are then further divided into **monounsaturated** and **polyunsaturated** fats.

Fat rich foods:

- Oily fish
- Oil
- Coconut oil
- Nuts
- Seeds
- Avocado
- Hummus
- Butter
- Pesto
- Olives

