

DID YOU KNOW?

Fast facts on micros vs. macros....

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GET FIT. GET STRONG. GET HEALTHY.



MACRONUTRIENTS

- The macronutrients are carbohydrate, fat and protein
- Macronutrients can be obtained in any way
- LCHF macronutrient ratios are
 - Fat >55%
 - Protein 15-35%
 - Carbs >20%
- Carbohydrate
 - non-essential – minimum dietary requirement compatible with life is 0g
 - no essential carbohydrates
 - glucose can be manufactured from almost anything
- Fatty Acids
 - 2 essential fatty acids
 - Omega 6: alpha linolenic acid (ALA), omega 3: linoleic acid (LA)
- Amino Acids
 - 9 essential amino acids
 - histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine



MICRONUTRIENTS

- Vitamins and minerals are the micronutrients
- They are called micronutrients as we need them in much smaller quantities
- Vitamins are organic and susceptible to damage from heat, oxygen and other environmental compounds
- Minerals are inorganic and less susceptible to damage
- Whilst micronutrients are not energy yielding, they are required for the pathways that produce energy
- Most micronutrients cannot be synthesized by the body and are required to be obtained from the diet



VITAMINS

- Vitamins differ from fats, carbs and proteins in the following ways:
 - Structure
 - Function
 - Health
 - Content
- Fat and water soluble vitamins
 - Fat soluble
 - A
 - E
 - D
 - K
 - Water soluble
 - C
 - B's (thiamin, riboflavin, niacin, pantothenic acid, pyridoxine, biotin, folic acid, cyanocobalamin)



MINERALS

- Inorganic elements that play important roles in maintaining health
- Minerals constitute about 4% of total body mass
- Found mostly in the skeleton
- Major minerals:
 - Sodium
 - Chloride
 - Potassium
 - Calcium
 - Phosphorus
 - Magnesium
 - Sulfate