

# CRUISE THE COURSE NUTRITION

What are Macros and Micros?



## WHAT ARE THEY?

Macros are the essential nutrients that make up most of your diet. The three main sources of macros are:

**Carbohydrates:** Found in foods like grains, starches, and fruits, carbs get broken down into glucose, which gives your body energy.

**Fats:** These high-calorie macros help your body with critical functions like absorbing nutrients and maintaining normal body temperature.

**Proteins:** Proteins help boost your body's immune functions and build tissues. They're found in eggs, poultry, lentils, meat, and more.

### BUT FAT IS BAD, right? WRONG

Examples of Healthy Fats:

- Avocado
- Nut Butter
- Ghee Butter
- Eggs
- Fatty Fish
- Nuts/Seeds
- EVOO, Coconut Oil, Avocado oil
- Grass Fed Butter

# MACROS



## WHAT ARE THEY?

Micro-nutrients are one of the major groups of nutrients your body needs. They include vitamins and minerals. Vitamins are necessary for energy production, immune function, blood clotting and other functions. Meanwhile, minerals play an important role in growth, bone health, fluid balance and several other processes.

Humans must obtain micro-nutrients from food since your body cannot produce vitamins and minerals – for the most part. Vitamins are organic compounds made by plants and animals which can be broken down by heat, acid or air. On the other hand, minerals are inorganic, exist in soil or water and cannot be broken down.

When you eat, you consume the vitamins that plants and animals created or the minerals they absorbed. Vitamins and minerals are vital for growth, immune function, brain development and many other important functions. Depending on their function, certain micro-nutrients also play a role in preventing and fighting disease

# MICROS