

Protein, Fats and Carbohydrates

These are macronutrients, the nutrients the body needs daily, in large amounts to thrive, grow and survive.

Protein-rich foods *generally* tend to be from animal sources e.g., lean meats or dairy whereas **carbohydrates** are plant based e.g., vegetables, fruits, leaves. Different **fats** come from a variety of food sources.

Protein: Responsible for growth, repair, immune and hormone function. 'Complete proteins' are those foods that contain all nine essential amino acids (the building blocks of proteins) that must be obtained through our diet. Almost all animal proteins are complete proteins but there are only a few plant sources — something to consider if opting for more plant-based lifestyle.

Carbohydrates: The main source of energy for the body. Complex carbohydrates are the preferred source (whole grains, beans / pulses / whole vegetables) as they take longer to break down into glucose, supplying you with a steadier supply of energy and they are richer in other dietary nutrients. Consuming refined and processed carbohydrates on a regularly basis will harm your health as they are mostly empty calories. Complex carbohydrates are also a great source of fibre. Dietary fibre is hugely beneficial for optimal gut and heart health.

MACRONUTRIENT FOOD SOURCES					
Protein:	(Good) fats:	(Moderately good) fats:	Complex carbs:	Fibre:	Hydrating foods:
Fish	Olives	Rapeseed	Wholegrain wheat	Split peas	Apples
Shellfish	Almonds	Mustard seed	Wholegrain rice	Lentils	Bell peppers
Chicken	Avocado	Flax seeds / oil	Wholegrain couscous	Black beans	Blueberries
Turkey	Brazil nuts	Hemp seed / oil	Wholegrain pasta	Lima beans	Broccoli
Low fat dairy	Cashew nuts	Pumpkin seeds / oil	Wholegrain noodles	Chickpeas	Brussel
Lean beef	Coconuts	Peanuts	Oats	Bananas	Sprouts
Lean pork	Chai Seeds	Rice brain oil	Barley	Apples	Cabbage
Tofu	Pecans	Sesame seeds / paste / oil	Rye	Nuts	Cantaloupe
Tempeh	Pistachio	Walnut	Millet	Artichokes	Cauliflower
Beans	Hazelnuts	Soybean	Buckwheat	Peas	Celery
Lentils	Macadamia			Broccoli	Courgette
Pulses	Nuts			Brussel	Cucumber
Eggs	Grass-fed			sprouts	Grapefruit
Nuts	Butter			Raspberries	Lettuce
	Ghee			Blackberries	Mushrooms

Seeds	Green leafy vegetables Edamame Beans Olives Salmon Trout Tuna Mackerel Sardines Herring Anchovies Spirulina – sea algae Chlorella – sea algae Whole milk Full-fat yoghurt		Spelt Kamut Quinoa Legumes Beans Lentils Peas Nuts Seeds Whole fruit	Oranges Avocados Pears Wholewheat pasta Brown rice Prunes Edamame beans Pearl barley Oatmeal Flaxseed Chia seeds Corn Okra Cauliflower Potatoes Sweet Potato Generally: Wholegrains Fruit Vegetables Beans, peas and legumes Nuts Seeds	Oranges Peaches Tomatoes Soups / broths Spinach Strawberries Watermelon
Monitor	Monitor		Monitor	Monitor	Monitor
Processed meats (burgers, sausages, bacon, pie fillings, kebabs, fast food items), Smoked / cured / luncheon meats	Lard, goose fat Meat drippings Suet Vegetable + hydrogenated oils (palm oil, canola oil, sunflower, soybean), Margarine,		White bread White rice White pasta White noodles Pastries Crackers Cakes Biscuits Candy	Refined or processed foods Canned fruits + vegetables, Pulp-free juices White bread White pasta Non-	Soda Fizzy drinks Energy drinks Fruit juices Coffee Detox tea Alcohol High protein rich meals Cured meats Soy sauce Fried foods

Faux meats (processed vegetarian + vegan meat substitutes)	Spreadable Butters, Salted / Candied / Roasted nuts + seeds Sweetened nut butters Chocolate Spreads Sweetened Chocolate, Cheese, Cream		Sweetened / milk chocolate Crisps Popcorn Fizzy drinks Alcohol Sugar Honey Sweeteners Preserves Jams Pre-made sauces Gravies Relishes	wholegrain cereals	Salty snacks Frozen and ready meals
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Fat: Essential for vitamin absorption, fuels, protects and insulates, structural component of hormones, cell membranes. It is important to consume fat sparingly and prioritise quality whole food sources minimising fatty cuts of meat and processed fats.