



Micro and Macro Nutrients

Nutrition tips from DuPage Senior Citizens Council and Kane Senior Council

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What Are Micro and Macro Nutrients?

Macronutrients are nutrients the body requires in large amounts, while micronutrients are those requiring smaller amounts.

Macronutrients come from protein, fat, and carbohydrates, which give your body energy in the form of calories to keep your body working correctly.

Micronutrients are vitamins and minerals and in some cases acids.

We get micronutrients from food because our bodies cannot produce vitamins and minerals.

Did You Know?

Macronutrients...

The Dietary Guidelines for Americans recommends the following dietary pattern for Macronutrients to maintain good health:

- 45% to 65% of calories from carbohydrates
- 20% to 35% of calories from fat
- 10% to 35% of calories from protein

Your macronutrient needs depend on your age, sex, medical conditions, lifestyle, and how active you are.

Micronutrients...

The micronutrient content of each food is different, which is why it is best to eat a variety of foods to get enough vitamins and minerals.

Vitamins and minerals are vital for growth, immune function, brain development, and many other important functions.

Certain micronutrients also play a role in preventing and fighting disease.

Finding Micro and Macro Nutrients



Macronutrients

Carbohydrates

Bread, rice, pasta, grains, fruits, starchy vegetables, beans, milk, and yogurt

Fats

Fats break down into fatty acids and glycerol and provide fat-soluble vitamins A, D, E, and K. Nuts, seeds, oils, butter, and mayo are all food sources of fat.

Proteins

Meat, poultry, fish, eggs, cheese, cottage cheese, plain Greek yogurt, and tofu are good sources of protein.

Micronutrients

Water-soluble vitamins

The main water-soluble vitamins are B vitamins and vitamin C.

Foods with water-soluble vitamins: citrus fruits, bell peppers, whole grains, eggs, dark leafy greens, fish, and lean meats.

Fat-soluble vitamins

These vitamins include vitamins A, D, E, and K. Foods with fat-soluble vitamins: leafy greens, soybeans, almonds, sweet potatoes, and milk.

Microminerals

These include calcium, magnesium, sodium, and potassium.

Foods with microminerals include dairy products, black beans and lentils, bananas, and fish

Trace Minerals

Trace minerals include iron, manganese, copper, zinc, & selenium.

Foods with trace minerals: oysters, spinach, nuts, and legumes such as peanuts.

When you eat a balanced diet you don't have to worry about getting the right amount of each Micro and Macronutrient. A plate that is filled with healthy grains, low-fat protein/dairy and lots of fruits and vegetables is sure to cover all of the bases!