

GUIDED READING:MACRO NUTRIENTS

MACRONUTRIENTS ARE THE NUTRIENTS WE NEED IN LARGER QUANTITIES THAT PROVIDE US WITH ENERGY. IN OTHER WORDS, FAT, PROTEIN AND CARBOHYDRATE.

BEANS, PULSES, FISH, EGGS AND MEAT ARE ALL GOOD SOURCES OF PROTEIN, WHICH IS ESSENTIAL FOR THE BODY TO GROW AND REPAIR ITSELF. 1G OF PROTEIN IS EQUAL TO 4 CALORIES. THEY'RE ALSO GOOD SOURCES OF A RANGE OF VITAMINS AND MINERALS AS WELL.

MEAT IS A GOOD SOURCE OF PROTEIN, VITAMINS AND MINERALS, INCLUDING IRON, ZINC AND B VITAMINS. IT'S ALSO ONE OF THE MAIN SOURCES OF VITAMIN B12. CHOOSE LEAN CUTS OF MEAT AND SKINLESS POULTRY WHENEVER POSSIBLE TO CUT DOWN ON FAT.

SOME FAT IN THE DIET IS ESSENTIAL, BUT ON AVERAGE PEOPLE IN THE UK EAT TOO MUCH SATURATED FAT. IT'S IMPORTANT TO GET MOST OF YOUR FAT FROM UNSATURATED OILS AND SPREADS. SWAPPING TO UNSATURATED FATS CAN HELP LOWER CHOLESTEROL. REMEMBER THAT ALL TYPES OF FAT ARE HIGH IN ENERGY AND SHOULD BE EATEN IN SMALL AMOUNTS AS 1G OF FAT IS EQUAL TO 9 CALORIES.

STARCHY FOODS - SUCH AS POTATOES, BREAD, RICE, PASTA, AND CEREALS ARE ALL GOOD SOURCES OF CARBOHYDRATE. THEY ARE 4 CALORIES PER GRAM.

WHERE YOU CAN, CHOOSE WHOLEGRAIN VARIETIES, AND EAT POTATOES WITH THEIR SKIN ON FOR MORE FIBRE.

STARCHY FOODS ARE A GOOD SOURCE OF ENERGY AND THE MAIN SOURCE OF A RANGE OF NUTRIENTS IN OUR DIET. AS WELL AS STARCH, THEY CONTAIN FIBRE, CALCIUM, IRON AND B VITAMINS.

SOME PEOPLE THINK STARCHY FOODS ARE FATTENING, BUT GRAM FOR GRAM THEY CONTAIN FEWER THAN HALF THE CALORIES OF FAT.

See a key word, highlight it!

Saturated fat - Protein
Unsaturated fat - Energy
Carbohydrate - Calories
Fibre - Wholegrain

Reading comprehension tasks:

- 1) What are the three main macronutrients?
- 2) What is the function of fat in the diet? How many calories per gram is fat? Why should you swap saturated fat spreads for unsaturated fat versions?
- 3) What is the function of protein in the diet? How many calories per gram is protein? What are the non-meat sources of protein stated?
- 4) What is the function of carbohydrate in the diet? How many calories per gram are carbohydrates? Where is fibre found?

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Rachel S Tattersall



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Table of Contents 4 01 Nutrients Reading Guide

1. Understanding the eBook 4 01 Nutrients Reading Guide
 - The Rise of Digital Reading 4 01 Nutrients Reading Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying 4 01 Nutrients Reading Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 4 01 Nutrients Reading Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from 4 01 Nutrients Reading Guide
 - Personalized Recommendations
 - 4 01 Nutrients Reading Guide User Reviews and Ratings
 - 4 01 Nutrients Reading Guide and Bestseller Lists
5. Accessing 4 01 Nutrients Reading Guide Free and Paid eBooks
 - 4 01 Nutrients Reading Guide Public Domain eBooks
 - 4 01 Nutrients Reading Guide eBook Subscription Services
 - 4 01 Nutrients Reading Guide Budget-Friendly Options
6. Navigating 4 01 Nutrients Reading Guide eBook Formats

- ePub, PDF, MOBI, and More
- 4 01 Nutrients Reading Guide Compatibility with Devices
- 4 01 Nutrients Reading Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 4 01 Nutrients Reading Guide
 - Highlighting and Note-Taking 4 01 Nutrients Reading Guide
 - Interactive Elements 4 01 Nutrients Reading Guide
- 8. Staying Engaged with 4 01 Nutrients Reading Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 4 01 Nutrients Reading Guide
- 9. Balancing eBooks and Physical Books 4 01 Nutrients Reading Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 4 01 Nutrients Reading Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 4 01 Nutrients Reading Guide
 - Setting Reading Goals 4 01 Nutrients Reading Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 4 01 Nutrients Reading Guide
 - Fact-Checking eBook Content of 4 01 Nutrients Reading Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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