



The UltraWellness Center

YOUR KEY TO LIFELONG HEALTH AND VITALITY

There are 3 macronutrients that foods provide and the body can break down into energy or use as building material. They are *Carbohydrates*, *Proteins* and *Fats*. Balanced nutrition is all about balancing the macronutrients as well as getting sufficient micronutrients (ex. Vitamins and minerals). The below food lists are to help you become familiar with where these macronutrients can be found. As you will see, many foods provide more than one macronutrient.

Protein: The “Building Blocks” of the Body

<u>Meats</u>	<u>Plant sources</u>	<u>Dairy</u>
Chicken	*nuts/seeds	*Cheese
fish	*Nut butters	**Milk
Lean beef	**Beans/lentils	**Yogurt
Lean pork	Soy foods	Cottage cheese
Turkey	(edamame, tofu, soymilk)	**kefir
Eggs		

Carbohydrates: Fuel for the body

<u>“Whole Food” Carbohydrates</u>	<u>Simple “Processed” Carbohydrates</u>
Provide best source of Fiber (see fiber hand out!)	
Whole grains (brown rice, oats, quinoa, millet, buckwheat, etc.)	*Cookies/cakes/pastries
Whole grain breads/cereals/pasta	Soda/juice
Fruits	candy
Vegetables	Pretzels, chips, crackers
Beans/lentils/legumes	

Fats: Structure, Protection and Fuel

<u>Healthy Healing Fats</u>	<u>Unhealthy Fats</u>
Extra virgin olive oil	Hydrogenate/trans fats
Avocados and olives	Deep fried foods
Fish oils (from clean cold water fish)	Refined oils in excess
Extra Virgin coconut oil	(ex. Sunflower, safflower, cottonseed
Raw nuts and seeds	Oils)
Organic butter (in moderation)	

*also fat **also carbohydrate

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