

Important Nutrients in the Diet - Macronutrients

Fill in the blanks:

1. Carbohydrates, protein and fats are all examples of _____.
2. Carbohydrates are broken down to _____.
3. _____ versions of carbohydrates are preferred over refined versions because of extra fiber and the slower release of blood sugar.
4. Cereals, bread, potatoes, pasta and rice are examples of _____.
5. _____ is important for building, repairing and rebuilding our bodies.
6. Turkey, _____, _____, eggs and dairy products are examples of foods containing the macronutrient; protein.
7. Nuts, seeds and oils are examples of healthy _____ containing foods.