

# MACRONUTRIENTS

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What are macronutrients? The term macronutrients refers to the four most basic building blocks of what your food is made of: protein, carbohydrates, fats, and water. The four macronutrients contribute to your health in equally important but different ways. Here are some of the ways they contribute to your health and where you can find them.

## **Protein:**

Protein is important for building and retaining muscle mass. It is also important for fighting infections and repairing injuries. Protein is found in animal products such as meat, eggs, and milk but it can also be found in beans, nuts, and grains.

## **Carbohydrate:**

Carbohydrates are the main energy source for your body and are found in many places. Fruit, vegetables, milk, rice, beans, whole grains such as bread, pasta and cereal are good carb choices that will give you energy for the day.

## **Fats:**

Fats are necessary for providing structure and preventing damage to your cells. Fats help your body absorb several vitamins like vitamin A, D, K, and E, which are important for your body's proper functioning. Good fats are found in nuts, avocados, eggs, fatty fish like salmon, herring, and sardines, and seeds like flax, chia, and sunflower.

## **Water:**

Last, but certainly not least is water. Although water is sometimes not considered a macronutrient, it is definitely the most important component because about 60% of your body is water! The processes in your body depend on water and that is why there are so many negative effects of dehydration. A good tip to make sure you drink enough is by keeping a water bottle always around you to sip throughout the day.



# ONE POT TUNA MAC

This recipe makes 4 servings

Sourced from Utah CSFP

## CSFP Ingredients

- 2 cups macaroni, dry
- 3/4 cup reduced fat American cheese, cubed
- 1/3 cup shelf-stable 1% milk
- 1 can low sodium peas, drained
- 1 can canned tuna, drained and flaked

## Additional Ingredients

- 8 cups water

## Directions

1. Bring water to boil. Add macaroni. Bring back to boil. Stir often.
2. Cook macaroni uncovered approximately 8-10 minutes.
3. Remove from heat and drain well, return to pan.
4. Stir in cheese and milk. Cook on low heat until cheese is completely melted and mixture is well blended, stirring frequently.
5. Stir in peas and tuna. Cook on low heat 1 to 2 minutes or until heated through, stir occasionally.
6. Serve warm.