**Macronutrient Chart**

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| **Name of Macronutrient** | **Subtypes of Macronutrient (We’ve listed the names to provide a framework, but explain what each means)** | **Food Sources (list food sources broken down by subtype of macronutrient)** | **Major Functions (make sure to explain each)** | **Recommended Intake (for you – include your demographic)** | **Related Health Concerns (be specific regarding how the macronutrient contributes to this health problem)** |
| Carbohydrates | Monosaccharides  Polysaccharides  Which are simple?  Which are complex? |  |  |  |  |
| Proteins | Essential amino acids  Nonessential amino acids |  |  |  |  |
| Lipids | Triglycerides  Phospholipids  Sterols |  |  |  |  |