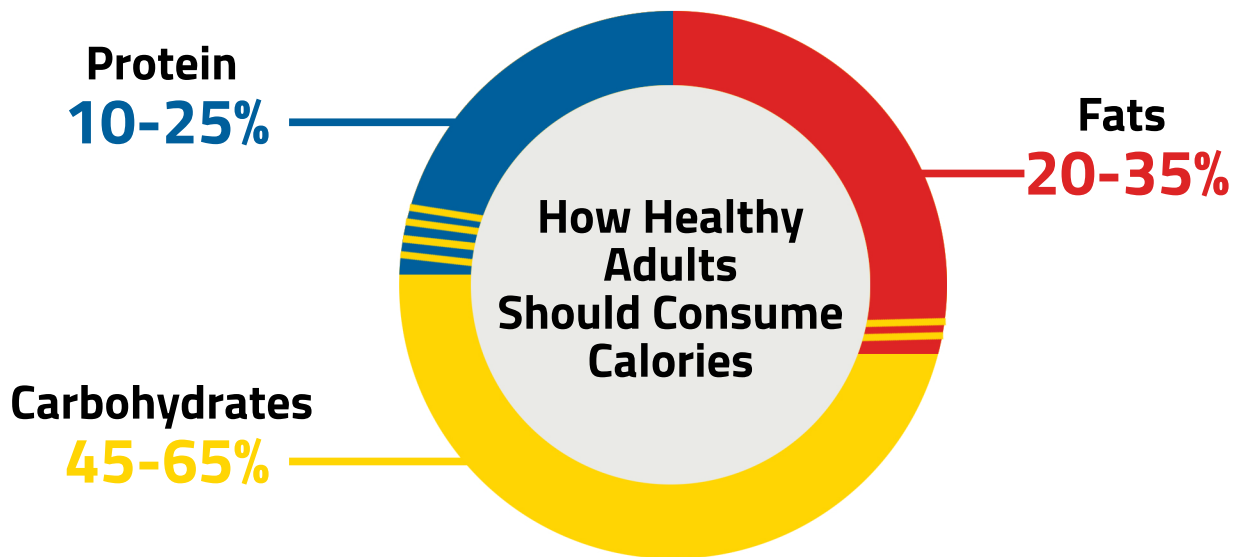
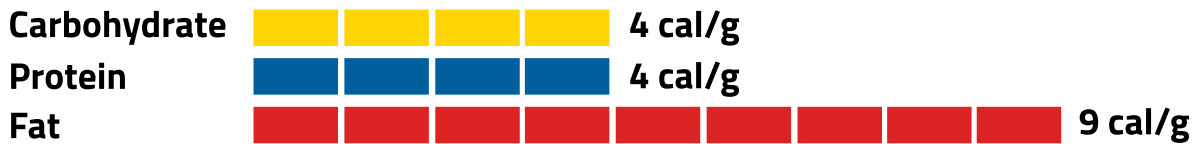


# CALORIES

THIS IS HOW MANY CALORIES ARE IN **1 gram**  
OF EACH **MACRONUTRIENT**



Alcohol provides 7 calories per gram, but is not considered a macronutrient because we don't need it for survival!



GastroDoxs  
defenders of the digestive system

# CALORIES

## CARBS

### Why You Need Them:

Carbs are the body's main source of fuel and are used by the body for energy.

### How They Work:

Carbs break down into glucose, which is used by your body for energy, or they are stored as glycogen for later use. They are the preferred source of fuel for the brain.

### Where to Find Them:

Grains, fruits, milk, and yogurt.



## PROTEIN

### Why You Need Them:

Protein is essential for growth, muscle repair, immune function, preserving lean muscle mass, and making essential hormones and enzymes.

### How They Work:

The body uses protein for energy when carbs are not available.

### Where to Find Them:

Meat, poultry, fish, cheese, milk, nuts, and legumes.



## FATS

### Why You Need Them:

Fats are essential in cell, nerve, and hormone production. They help the body to absorb fat-soluble vitamins like A, D, E, and K and provide essential fatty acids.

### How They Work:

Fats are broken down into fatty acids and glycerol, which can be used for energy or stored as body fat for later use.

### Where to Find Them:

Unsaturated fats such as olive oil, avocado, nuts, seeds, fish (like salmon), and canola oil.



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