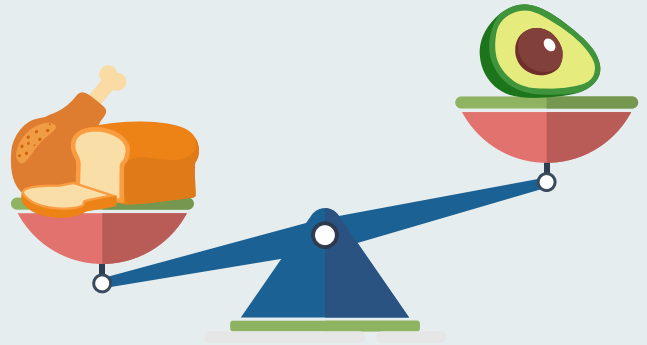


MASTERING YOUR MACROS:

THE BASICS OF BALANCED NUTRITION



Nutrition helps keep your body strong, your mind sharp, and your energy steady. Macronutrients—carbohydrates, protein, and fat—give your body the fuel it needs. Eating the right amount of each helps support healthy aging.

Carbohydrates

Your Body's Main Energy Source

What they do: Give you energy for daily activities and help your brain and muscles work well.

Best choices: Whole grains, fruits, vegetables, beans, and lentils.

Why they matter for seniors: Fiber-rich carbs help digestion and support heart health.

Recommended amount: About 45–65% of total calories.

Protein

Supports Muscles & Healing

What it does: Builds and repairs muscle and other tissues. Helps maintain strength, especially as we age.

Best choices: Fish, seafood, poultry, lean red meat, eggs, and tofu.

Senior tip: Eating protein evenly throughout the day supports muscle maintenance.

Recommended amount: About 10–35% of total calories.

Healthy Fats

Good for Heart & Brain

What they do: Support brain function, protect organs, and help your body absorb vitamins.

Best choices: Avocados, nuts, seeds, olive or canola oil, and fatty fish.

Senior tip: Choose unsaturated fats more often; limit saturated and trans fats.

Recommended amount: About 20–35% of total calories.

**Most Foods Contain
More Than One Macro**

Examples

Beans, lentils, quinoa, milk, yogurt:
carbs + protein

Nuts, seeds, salmon:
protein + healthy fats

Eating a variety of foods helps you get the benefits of all three.