



Nutrition and Education Programs

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# Understanding Macronutrients in Our Food

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## CARBOHYDRATES



Carbohydrates are the primary source of energy for our bodies. When consumed, our body metabolizes carbohydrates by breaking them down to glucose (a form of sugar). This glucose either gives us instant energy or gets stored in the liver and muscles as fuel for later use. Carbohydrates are commonly found in fruits, vegetables, grains, and legumes such as bread, rice, pasta, potatoes, yams, corn, fruits, and sweets.

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## PROTEINS



Proteins are essential for the growth, repair, and maintenance of our body tissues, including muscles, organs, and cells. It is made up of amino acids (20 types in total). While our body produces some, others need to be obtained from our diet. These include eggs, fish, meats, dairy, legumes, nuts, and seeds.

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## FATS



Fats are crucial in providing insulation and protection to our internal organs and aid in the absorption of fat-soluble vitamins and hormone production. Healthy fats are liquid at room temperature and include olive oil, avocado oil, and canola oil. Fats that are solid at room temperature can negatively impact health, and they come from animal sources such as lard and butter.

# Oatmeal Spinach Mini Muffins

**1**

## GATHER IT

You will need:

- 1 banana, 1 egg, 1 cup rolled oats
- 1/4 cup any nut butter, 1/4 cup water, 1/4 cup honey or maple syrup.
- 2 cups fresh spinach
- 1/4 tsp of salt, vanilla and baking soda
- 1/2 tsp cinnamon

**2**

## MIX IT

First, preheat the oven to 350F, then start mixing!

- Add the dry ingredients (rolled oats, salt, vanilla, baking soda, and cinnamon) in a food processor and blend until the texture is flour-like.
- Add the fresh spinach and blend until all the spinach is chopped finely.
- Add the remaining ingredients and blend to get a semi-smooth consistency.
- Spray or coat a mini cupcake pan with oil and pour the mix. (Optional: add chocolate chip, blueberry, raisins, etc as a topping)
- Bake in the middle rack for 15–17 minutes and test with a toothpick.



You can enjoy it at room temperature for 1 day, then keep it refrigerated for 1 week and enjoy it cold or microwave it!

