

Keywords	Carbohydrates	Protein	Fat
Macronutrients: A type of food (e.g. fat, protein, carbohydrate) required in large amounts in the diet.	All types of carbohydrate are compounds of carbon, hydrogen and oxygen.	Made up of building blocks called amino acids.	Sources of fat include: •saturated fat; •monounsaturated fat; •polyunsaturated fat.
Carbohydrates: Macronutrients required by all animals; made in plants by the process of photosynthesis.	They can be divided into three main groups according to the size of the molecule.	There are 20 amino acids found in protein.	Fats can be saturated, when they have no double bonds, monounsaturated, when they have one double bond, or polyunsaturated, when they have more than one double bond.
Protein: A macronutrient that is essential to building muscle mass.	These three types are: •monosaccharides (e.g., glucose); •disaccharides (e.g., lactose); •polysaccharide (e.g., sucrose).	Eight amino acids must be provided by the diet (called essential amino acids). The essential amino acids (EAAs) are isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.	<35% energy, Saturated fat <11% energy. A high saturated fat intake is linked with high blood cholesterol levels.
Amino Acid: The building blocks of proteins	The two types main of carbohydrate that provide dietary energy are starch and sugars.	In young children, additional amino acids, e.g., histidine and tyrosine, are sometimes considered to be essential (or 'conditionally essential') because they may be unable to make enough to meet their needs.	Saturated fat: fatty cuts of meat; skin of poultry; butter; hard cheese; biscuits, cakes and pastries; chocolate.
Essential amino acids: 8 of the different amino acids found in proteins from plants and animals that have to be provided by the diet	Starchy carbohydrate is an important source of energy.	0.75g/kg bodyweight/day in adults. Sources:	Monounsaturated fat: edible oils especially olive oil; avocados; nuts.
Protein complementation: Combining different protein types at the same meal to ensure all EAAs are ingested	Starchy foods - we should be choosing wholegrain versions of starchy foods where possible.	Animal sources: meat; poultry; fish; eggs; milk; dairy food.	Polyunsaturated fatty acids: edible oils especially sunflower oil; seeds; margarine; spreadable fats made from vegetable oils and oily fish.
Fat: Macronutrient which supplies the body with energy.	Total carbohydrate - around 50% of daily food energy.	Plant sources: soya; nuts; seeds; pulses, e.g., beans, lentils; mycoprotein.	
	Free sugars include all sugars added to foods plus sugars naturally present in honey, syrups and unsweetened fruit juice (<5% daily food energy).	In young children, additional amino acids, e.g., histidine and tyrosine, are sometimes considered to be essential (or 'conditionally essential') because they may be unable to make enough to meet their needs.	

Dietary Fibre

Dietary fibre is also a type of carbohydrate.	Dietary fibre helps reduce the risk of heart
Fibre is a term used for plant-based carbohydrates that are not digested in the small intestine (30g/day for adults).	Dietary fibre helps disease, diabetes and some cancers
Food examples include wholegrain cereals and cereal products; oats; beans; lentils; fruit; vegetables; nuts; and seeds.	Dietary fibre helps help weight control
Dietary fibre helps bulk up stools and improves gut health.	Dietary fibre helps prevent constipation