



# Macronutrient Cheat Sheet

## PROTEIN

Chicken / Turkey Breast  
Tuna  
Tilapia  
Egg Whites  
> 95% Lean Ground Meat  
Protein Powder  
Shrimp

- 4 calories per gram
- 20-30% of calories are used to digest protein
- Difficult to overconsume
- Keeps you feeling full
- Must be obtained through diet- cannot be produced by the body

Beans/Lentils  
Edamame Pasta  
Chickpea Pasta  
Some Protein Bars  
Fat Free Cheese  
Greek Yogurt  
Skim Milk

**Fruit**  
**Fruit Juice**  
**Vegetables**  
**Potatoes**  
**Rice**  
**Pasta**  
**Oatmeal**  
**Corn**  
**Cereal**  
**Honey**  
**Ketchup**  
**Jelly/Syrup**  
**Candy**  
**Soda**  
**Sugar**

## CARBS

Most Protein Bars  
Pizza  
Sandwiches  
Wraps  
Chili  
Whole Milk/Yogurt  
Restaurant Meals

Everything Delicious  
French Fries  
Chocolate  
Ice Cream  
Cookies  
Muffins  
Most Dressings  
Cake/Donuts

Chicken Thighs  
< 90% Ground Meat  
Whole Eggs  
Pork Chops  
Steak  
Salmon  
Cheese

**Butter / Ghee**  
**Olive Oil**  
**Coconut Oil**  
**Canola Oil**  
**Sesame Oil**  
**Mayonnaise**  
**Nuts/Peanuts**  
**Avocado**

## FAT

- 9 calories per gram
- 1-3% of calories are used to digest fat
- Extremely easy to overconsume
- Keeps you feeling full
- Omega 3 (EPA/DHA) are among the most essential fats