

THE DIETITIAN DISH

Health that **works** is when feeling, eating and moving honors our diverse biological needs.

These principles are founded on an evidence-based health approach that focuses on listening and responding to the body's physical and psychological needs.



Are all three macronutrients important? **YES!**

Carbohydrates

Carbs give your body energy! They are the preferred energy source for your body (especially for your brain). They are connected to mental health and are critical in hormonal balance and response.



Proteins

Proteins help your body repair cells, muscles and bones. They are also used to make hormones and enzymes and at times, give your body energy.



Fats

Fats give your body energy. They help your body absorb vitamins and minerals and support cell growth. They also keep your blood pressure and cholesterol under control.

