



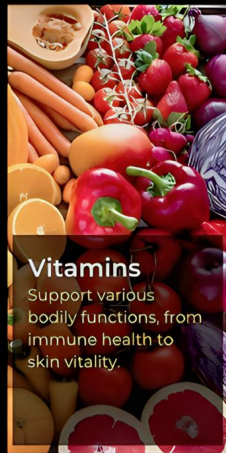
Embark on a Nutrient Exploration

Discover the Power of Macronutrients and Micronutrients

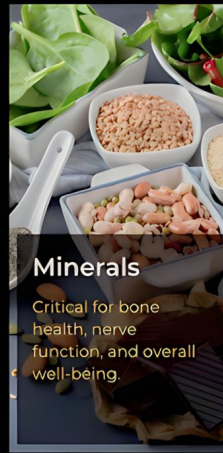
Macronutrients: The Energy Giants Fueling Your Body for Peak Performance

<p>Carbohydrates Your body's primary energy source. Found in whole grains, fruits, and vegetables.</p>	
<p>Proteins Building blocks for muscles, tissues, and enzymes. Found in lean meats, fish, and legumes.</p>	
<p>Fats Essential for brain function and hormone production. Found in avocados, nuts, and olive oil.</p>	

Micronutrients: The Nutrient Powerhouses Unlocking the Secrets of Vitamins and Minerals



Vitamins
Support various bodily functions, from immune health to skin vitality.



Minerals
Critical for bone health, nerve function, and overall well-being.

Where to Find Them?

Incorporate Nutrient-Rich Foods into Your Diet

Macronutrient Sources

	<p>Carbohydrates Quinoa is a versatile whole grain rich in complex carbohydrates. It provides a sustained release of energy, making it an excellent choice for athletes and those looking for lasting fuel. Other sources include brown rice, sweet potatoes, and oats.</p>
	<p>Proteins Salmon is a fantastic source of high-quality protein, essential for muscle building and repair. When choosing salmon, opt for wild-caught varieties to maximize health benefits. Wild-caught salmon tends to have a higher nutritional profile compared to farm-raised salmon. Incorporate other protein-rich foods like lean chicken, lentils, and Greek yogurt into your diet for a diverse amino acid profile.</p>
	<p>Fats Avocado is a nutrient-dense source of healthy fats, promoting brain health and hormone production. Include other sources such as nuts, olive oil, and fatty fish like mackerel for a well-rounded intake of essential fats.</p>

Micronutrient Sources

	<p>Vitamins Berries, like blueberries and strawberries, are rich in vitamins, particularly vitamin C. These antioxidants support your immune system and contribute to healthy skin. Explore other vitamin-rich foods like citrus fruits, leafy greens, and bell peppers.</p>
	<p>Minerals Spinach is a powerhouse of minerals, including iron and calcium, essential for bone health and overall well-being. Diversify your mineral intake with foods like almonds, lentils, and broccoli to cover a spectrum of crucial minerals.</p>