WHY MACRONUTRIENTS?

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It is crucial to understand the importance of macronutrients in maximizing its health benefits. First of all, here are the more important questions - what is good nutrition and how does it help in dieting? The many diet fads out in the market can taint the perception of people when what is actually healthy is at stake. It is common sense to know that one does not take lots of fatty foods when he/she wants to lose weight. If the low-fat diet does not work, the so called “diet experts” would suggest high fat, low carb. Such shift can really create confusion among those who do not have enough understanding of macronutrients and how these can actually make one healthy and fit.

When we look closer into the nutritional profile of a food, we will check out the micronutrients and macronutrient contents of it. Macronutrients make up the majority of human energy. The primary layers macronutrients include carbohydrates, fats, and proteins which has unique chemical compositions.

Carbohydrates can be found in bread, pasta, and rice. When we say simple carbohydrate, we are talking about basically any sugar molecule. When the simple groups up, complex carbohydrate is created. Simple carbs are extremely fast sources of energy. They are broken down fast and gives the body a quick boost of energy. If the energy is not needed, the body will store it up in different forms.
Fats are more complex composed of chains of fatty acids and glycerol. Fats are needed to protect body organs and help create and regulate hormones throughout the body. The body will need more effort to break down fats, thus it is a slower form of energy.

Proteins are too slow to burn as well. Proteins are composed of various chains of amino acids. Our body needs 20 essential amino acids to survive thus, protein is vital in our daily diet.

The three mentioned macronutrients are essential for survival. It is important, however, to understand that even our bodies absorb and break them, eating more than what is required of these macronutrients can cause needless increase in the body’s insulin levels which, if not properly controlled can lead to metabolic disorders such as diabetes. For example, when we eat sugar but we do not need quick energy, the sugar will be stored leading to disorders and unfit shape.

Therefore, it is crucial to understand that these macronutrients are needed but not to exceed the required amounts.

References: