

Macronutrient Question Sheet

Answer each of the following questions on a separate sheet of paper. Remember, this is your note for this information, so be sure to make your answers clear and detailed!

Fats:

- 1) List and describe each of the functions related to fat.
Which of these functions do you think is most important? Why?
- 2) What is the maximum amount of fat that should be consumed in a day (% and g)
Do they give a minimum amount of fat that must be consumed? Why do you think this is?
- 3) What are some ways that you can reduce the amount of fat in your diet.
Do you do any of these already? Which one do you think directly related to you?
- 4) Describe: saturated, polyunsaturated, monounsaturated, trans fat, cholesterol, and sterols.
Which of these do you think you consume the most of? Which do you think are the most beneficial for your health?

Proteins:

- 1) Proteins are made up of building blocks called what?
- 2) What are the main functions of protein?
Which of these do you think is most important?
- 3) How do proteins support a workout?
- 4) What is the recommended amount of protein for both men and women.

Why do you think these numbers differ? What do you think RDA means?
- 5) Can you get too much protein? Why? What is the healthy range of protein consumption?
- 6) Can you get too little protein? What are some of the effects of protein under consumption?
- 7) Is it important to consume protein before, during, or after a workout. Why?
- 8) Is there a difference between animal and plant protein?
Define complete and incomplete proteins. Why is it important to make this distinction?
- 9) Do protein powders work? Why or why not?
- 10) What is the secret to building muscles?