

# Nutrition Handout

**Title:**

**Introduction:**

## **Section 1: The Basics of Nutrition**

### **1.1 Macronutrients:**

#### **Protein:**

Recommended sources:

Daily intake recommendation:

#### **Carbohydrates:**

Recommended sources:

Daily intake recommendation:

#### **Fats:**

Recommended sources:

Daily intake recommendation:

**1.2 Micronutrients:**

**Vitamins:**

**Minerals:**

**Section 2: Creating a Balanced Plate**

**Vegetables:**

**Fruits:**

**Grains:**

**Proteins:**

**Dairy or Alternatives:**

**Section 3: Tips for Healthy Eating**

**3.1 Hydration:**

**3.2 Portion Control:**

**3.3 Limit Added Sugars and Salt:**

**3.4 Meal Planning:**

**Section 4: Additional Resources**

**4.1 Recommended Reading:**

**4.2 Websites:**

**Conclusion:**