

Understand the role of three Macronutrients

As the name macro implies, the body needs these food elements in large amounts for growth, repair, and sustenance. Growth and repair can hold off for some-time, but energy synthesis is critical for survival and cannot stop. Each of the three macronutrients has a unique role in the body and get processed differently. Carbohydrate is the macronutrient, which is the primary source of glucose; that is the essential fuel for energy in the body.