

# Health & Wellness Information

## Healthy Eating

### What is Nutrition?

Nutrition is the word used to describe the way we provide our bodies with the items needed for survival. These items include micronutrients and macronutrients.

### What are Micronutrients?

Micronutrients are things that we need in small amounts. These include vitamins and minerals. While our bodies only need small amounts of these things, they are vital to the functioning of our body systems. Iodine, Vitamin A and Iron are just a few of these important nutrients.

### What are Macronutrients?

Macronutrients are the energy providing items that we need in large quantities. These include carbohydrates, proteins and fats. Carbohydrates are an important source of fuel for our bodies. Proteins are essential for building muscles and repairing tissues in our bodies. While they have a bad reputation, fats are important for normal brain development and the absorption of certain vitamins.

**Water** of course is a critically essential item for our bodies chemical processes.

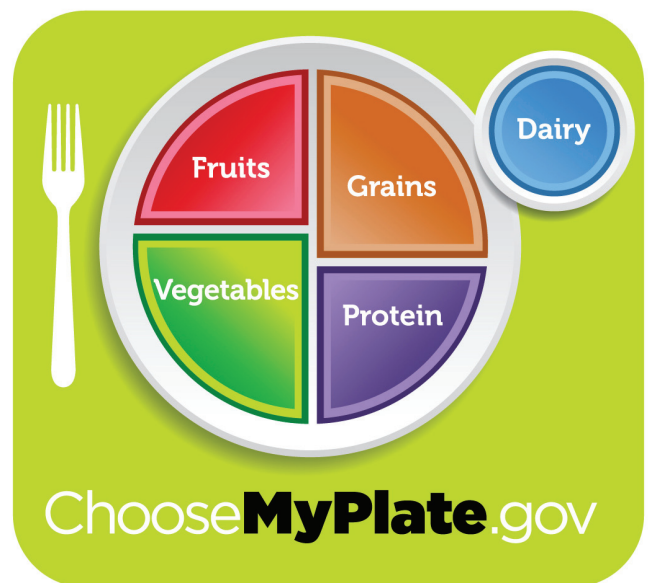
### Where are these different nutrients found?

Both micro-, and macronutrients are found within the foods and beverages we ingest. Once digested, the nutrients from the food are absorbed into the blood stream. The nutrients in the blood stream provide energy and the protein building blocks for our bodies to grow, repair, and maintain life.

### How much of these nutrients do I need?

All food and beverages sold in the United States are required by law to present the nutrient facts contained within the item. The percentage of daily intake is based off an individual consuming a 2000 calorie per day diet. This number can vary depending on age, sex, and number of calories burned during the day. This is unique to each person. Please find more details about nutritional labels on the back of this sheet.

Web link recommendation: [www.choosemyplate.gov](http://www.choosemyplate.gov)



For additional information please contact your clinician or Healthstat Wellness Coordinator at [jesse.martin@healthstatinc.com](mailto:jesse.martin@healthstatinc.com) or via telephone: (704) 529-6161

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