



A quick guide to macronutrients.

Food!	Does it have carbs?	Does it have protein?	Does it have fat?
All fruits	✓		
Starchy vegetables (potatoes, corn, squash)	✓		
Non-starchy vegetables (carrots, spinach, broccoli)	Kinda, not really		
Pastries, cookies, cakes and biscuits	✓		✓
Chips, buttered popcorn, French fries	✓		✓
Bread, bagels, tortillas	✓		
Rice, pasta	✓		
Quinoa	✓	✓ (kinda)	
Soda, juice, sweet tea, sweetened coffee	✓		
Chocolate	✓		✓
Sour candy	✓		
Cow's milk	✓	✓	✓ (not in skim)
Soy milk	✓	✓	✓
Almond milk	✓		
Yogurt	✓	✓	✓ (not in nonfat)
Ice cream and frozen yogurt	✓	✓	✓
Tofu		✓	✓
Beans, peas, and lentils	✓	✓	
Beef		✓	✓
Fish		✓	✓
Chicken		✓	✓
Nuts and seeds		✓	✓
Cheese		✓	✓
Eggs		✓	✓
Bacon		✓	✓
Butter, oil, avocado, mayo, salad dressing, creamy sauces			✓

