

Medically Supervised Weight Loss Program (MSWLP)

Macronutrients 101

This section includes:

- Carbohydrates
 - Sugars and weight management pre and post bariatric surgery
- Proteins
 - Importance of protein for weight management
 - Sources of protein
- Fats
 - Importance of fats for weight management
- Vitamins and Minerals

ASSIGNMENT

Answer the questions below:

1. What is the difference between a complex carbohydrate and a simple carbohydrate?

2. What is the recommendation for intake for added sugars per serving?

3. What organ in the body uses only carbohydrate for its fuel (energy) supply?

4. What is one thing you can be *mindful* of when you eat carbohydrates?