

Kootenai Member Health & Wellness Clinic

CLINIC NEWSLETTER

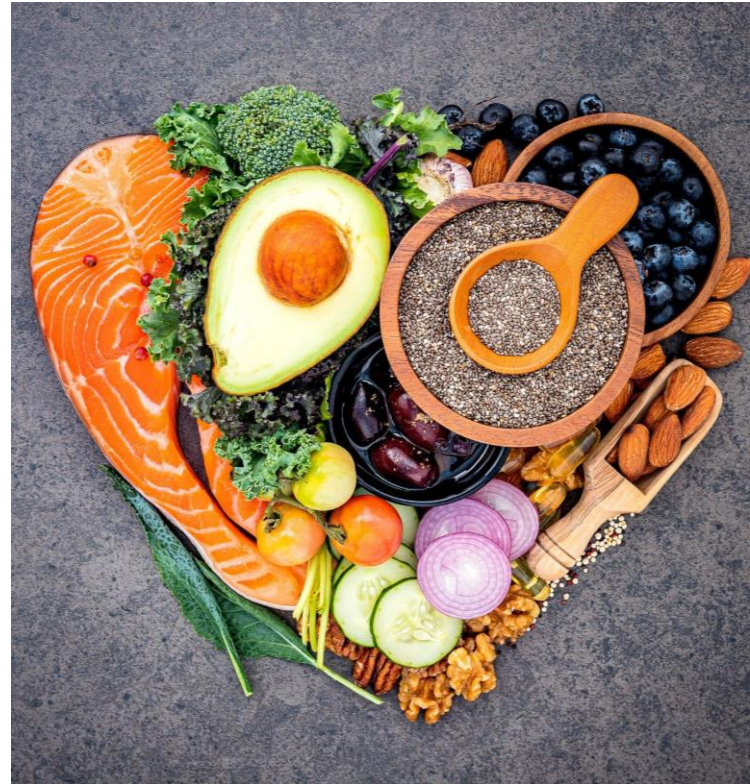
SEPTEMBER 2024 | LET'S TALK: NUTRITION

WHAT ARE MACRONUTRIENTS?

Nutritional macros, or macronutrients, are the chemical compounds your body needs in significant amounts to function effectively. They include carbohydrates, proteins, and fats. Each serve a distinct purpose:

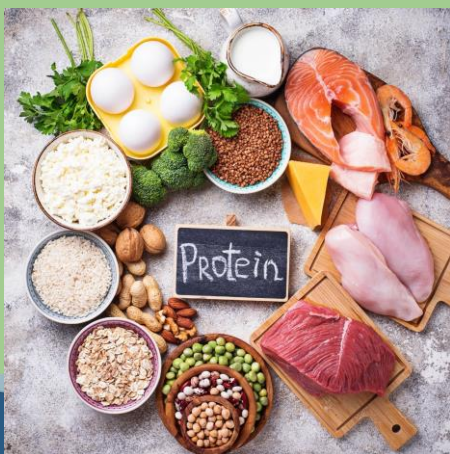
- **Carbohydrates** provide your primary source of energy.
- **Proteins** are crucial for muscle repair and growth.
- **Fats** support cell structure, hormone production, and long-lasting energy.

Balancing these nutritional macros is essential for maintaining optimal health and meeting dietary goals.



Check our website for a simple Macro Tracker Template to print this month!

EXAMPLES OF MACROS





WHAT ABOUT *MICRO* NUTRIENTS?

Micronutrients are the essential vitamins and minerals that the body needs in smaller amounts (compared to macro nutrients). Despite being required in smaller quantities, micronutrients play vital roles in maintaining health, supporting bodily functions, and preventing diseases.

A balanced diet rich in fruits, vegetables, whole grains, and lean proteins typically provides enough vitamins and minerals to meet your daily needs. Supplements can help you make up any deficit you may have. Ask your PMR clinic how to find out if your daily needs are being met!

KEY MICRONUTRIENTS INCLUDE:

Vitamins:

- Water-Soluble Vitamins: (e.g., Vitamin C, B-vitamins) help with energy production, immune function, and nervous system health.
- Fat-Soluble Vitamins: (e.g., Vitamins A,D,E,K) support vision, bone health, antioxidant activity, and blood clotting.

Minerals:

- Macrominerals: (e.g., calcium, magnesium, potassium) are important for bone health, muscle function, and maintaining fluid balance.
- Trace Minerals: (e.g., iron, zinc, selenium) are involved in oxygen transport, immune function, and antioxidant defense.



Need an appointment? Have questions?

Call 208-686-3371

Email pmrkootenaicounty@pmrhealthcare.com

Go online to www.pmrkootenaicounty.com

Use Code: *KCmedical24!*

Visit 920 W Ironwood Dr, Ste 206, Coeur d'Alene

Open 8a - 5p, Monday through Friday

Did you know that we can do school and sports physicals at the clinic? Schedule an appointment to prep for fall sports & PE classes!