

# Best Shape Nutrition Summary

~ The Macronutrients ~

## **Answers** – The Macronutrients (protein, carbs, fats, and water)

- 1) c
- 2) a
- 3) c
- 4) b
- 5) d
- 6) d
- 7) c
- 8) d
- 9) c
- 10) c
- 11) c
- 12) b
- 13) c
- 14) d
- 15) b

McCoy  
fitness & health

**Congratulations on completing the Macronutrients portion of the Best Shape Challenge!**

If you answered all questions correctly, you're ready to move on to where we continue to build our nutritional knowledge base as we delve more deeply into such issues as sugars and sweeteners, timing, size and portions of meals!

**Bon Appétit!**

