**Macronutrients**

Complete the table below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Macronutrient | Source(s) | Structure | Function | Recommended % of energy intake |
| Carbohydrate |  |  |  |  |
| Protein |  |  |  |  |
| Fat |  |  |  |  |