Macro Nutrient Breakdown Pie Chart: How to Track Your Macros

Understanding your macro nutrient breakdown is key to reaching your health goals. This chart illustrates a typical balanced ratio, showing how carbohydrates, proteins, and fats contribute to your daily caloric intake. Carbohydrates often make up the largest portion—around 50% here—because they're your body's main energy source.



Carbohydrates	50	50.0%
Protein	25	25.0%
Fats	25	25.0%