Macronutrient Breakdown Pie Chart: Your Daily Fuel Guide

Ever wonder what makes up a balanced diet? This chart lays out the recommended daily intake for macronutrients—carbohydrates, fats, and proteins. Getting the right mix isn't just about calories; it's about providing your body with the essential fuel it needs.



Carbohydrates	55	55.0%
Fats	30	30.0%
Proteins	15	15.0%