Macronutrient Ratio Breakdown Chart: Find Your Ideal Daily Split

This chart shows a common, balanced breakdown of your daily macronutrient intake. Macronutrients—carbohydrates, proteins, and fats—are vital for energy, growth, and overall bodily functions. Understanding these ratios helps you tailor your diet for general health, weight management, or specific fitness goals.



Carbohydrates	50	50.0%
Protein	20	20.0%
Fats	30	30.0%