

# macronutrients *(mac-ro-nu-tri-ents)*

## Definition

plural n. Nutrients required in large amounts for the proper functioning of an organism, including carbohydrates, proteins, and fats.

## Example Sentence

**Macronutrients** are essential for providing energy and supporting growth and development.

## More Example Sentences

A balanced diet includes an adequate amount of each type of macronutrient.

## Synonyms

carbohydrates; proteins; fats

## Antonyms

micronutrients; vitamins; minerals

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