**Snack Box Notes**

**Fritos ratio is 12:2:10 simplified to 8:1:5**

**Carbohydrates**

Carbohydrates mainly Provide energy and regulation of blood glucose, breakdown fatty acids, and provide dietary fiber

<http://www.sparknotes.com/health/carbohydrates/section2.rhtml>

**Lipids**

Lipids, also known as fats, play many important roles in your body, from providing energy to producing hormones. You wouldn't be able to digest and absorb food properly without lipids.

<http://healthyeating.sfgate.com/lipids-used-body-8282.html>

**Proteins**

Proteins are large, complex molecules that play many critical roles in the body. They do most of the work in cells and are required for the structure, function, and regulation of the body’s tissues and organs.

<https://ghr.nlm.nih.gov/primer/howgeneswork/protein>

**Too many carbs**

* Type 2 Diabetes
* Cardiovascular Disease

<http://healthyeating.sfgate.com/dangers-excessive-amounts-carbohydrates-4345.html>

**Not enough proteins**

* Decrease in muscle mass
* Immune system function decrease
* Bone Health decrease

<http://healthyeating.sfgate.com/consequences-low-protein-daily-intake-6330.html>

**Too many lipids**

* Cardiovascular Complications
* Obesity
* Increased Risk of Disease

<http://www.livestrong.com/article/367417-why-is-consuming-too-many-lipids-bad-for-you/>