What are Nutrients?
Nutrients are substances that your body needs for survival and growth.

There are two major types of nutrients: macronutrients and micronutrients.

What are Macronutrients?
Macronutrients make up most of what people eat each day. Think carbohydrates, fat, and protein -- those are all macronutrients.

They provide structural material and energy.

What are Micronutrients?
Micronutrients, on the other hand, don’t drive the calories in your eating pattern.

That said, they can still have a significant impact on your health. They’re just needed in much smaller amounts.

Vitamins and minerals are both micronutrients.

Are We Getting Enough Micronutrients?
Did you know that over half of all children around the world who are younger than 5 years old have some kind of vitamin and mineral deficiency?

Plus, 1 in 6 American women is iron-deficient during pregnancy.

Source: https://foodandhealth.com/micronutrient-review/