

Food Type	Primary Macro	Secondary Macro	Calories
Avocado	FATS	CARBS	MEDIUM
Almonds	FATS	CARBS	VERY HIGH
Almond Milk	CARBS	FATS	MEDIUM
Beans	CARBS	PROTEIN	MEDIUM
Bread	CARBS	PROTEIN	MEDIUM
Cashew Nuts	FATS	CARBS	VERY HIGH
Candies	CARBS	FATS	HIGH
Cereal	CARBS	PROTEIN	HIGH
Cheese	FATS	PROTEIN	HIGH
Chia Seeds	CARBS	FATS	VERY HIGH
Chicken	PROTEIN	FATS	LOW
Chips	CARBS	FATS	HIGH
Crackers	CARBS	FATS	MEDIUM
Eggs	PROTEIN	FATS	MEDIUM
Fish	PROTEIN	FATS	MEDIUM
Fruits	CARBS	-	LOW
Hazelnuts	FATS	CARBS	VERY HIGH
Legumes	CARBS	PROTEIN	LOW
Milk	CARBS	FATS	MEDIUM
Oats	CARBS	PROTEIN	MEDIUM
Oils	FATS	-	VERY HIGH
Pasta	CARBS	PROTEIN	MEDIUM
Peanuts and Peanut Butter	FATS	PROTEIN	HIGH
Pistachios	FATS	CARBS	HIGH
Pumpkin Seeds	CARBS	FATS	HIGH
Rice	CARBS	PROTEIN	MEDIUM
Seeds (Unless otherwise stated)	FATS	PROTEIN	HIGH
Soy Milk	CARBS	PROTEIN	MEDIUM
Tempeh	PROTEIN	FATS	MEDIUM
Tofu	PROTEIN	FATS	LOW
Vegetables (Unless otherwise stated)	CARBS	-	LOW
Walnuts	FATS	PROTEIN	VERY HIGH
Yoghurt	CARBS	FATS	MEDIUM

NOTES:

- Some foods won't have a secondary macro, that's because it actually has no other macronutrients OR it's there in such a small amount that it isn't worth considering.
- Some complete food groups were listed, such as 'nuts', 'seeds' or 'vegetables', instead of going to the specific varieties. This is because the vast majority of this type of food have the macros listed. However, any of the major outliers will be listed here.
 - For example, most seeds are made of a majority fats and then protein, however chia seeds and pumpkin seeds are made of majority carbs and fats secondarily (protein third).
- Keep in mind these are generally rated and it will not be as accurate as actually tracking your macros. There will even be lots of variation in the same foods due to differences in how a brand makes that product.
 - For example, we skipped things like Halo Top, which is a high protein ice-cream. These weren't because they aren't the most common type of that food (ice-cream), and because it also says 'high protein' on their branding.
 - It's safe to assume any product that says 'high protein' on their product has protein as one of the top two main macros, and you will rarely see any specifically labelled 'high carb' or 'high fat' products out there!