

WHAT ARE MACRONUTRIENTS???

Macronutrients are nutrients that your body needs in large amounts to function.

The three main macronutrients are carbohydrates, protein, and fat. They're considered essential nutrients, meaning your body either cannot make them or cannot make enough of them

For example, proteins provide essential amino acids. Fats contain essential fatty acids. Your body utilizes these components for specific functions. Macronutrients also contain energy in the form of calories. Carbs are the main energy source, but your body can use other macronutrients for energy if needed

The calorie content of each macronutrient:

- **Carbs:** 4 calories per gram
- **Protein:** 4 calories per gram
- **Fat:** 9 calories per gram

Carbohydrates: serves as the main source of energy for our bodies. Complex carbohydrates, such as whole grains, vegetables, and legumes, provide a sustained release of energy, while simple carbohydrates, found in foods like sugars and refined grains, offer quick bursts of energy. Carbohydrates are crucial for fueling physical activity and brain function. Additionally, carbohydrates support proper digestion and promote a healthy gut by providing fiber, aiding in bowel regularity, and preventing constipation.

Examples:

Rice, pasta, potatoes, oatmeal, bread, wraps, quinoa, bananas, berries/fruit, beans, lentils, corn, veggies

Fats: serve multiple vital functions in the body. They act as a dense source of energy, providing more than twice the calories per gram compared to carbohydrates or proteins. Fats aid in the absorption of fat-soluble vitamins (A, D, E, and K) and play a crucial role in brain development, promoting healthy skin and hair, and insulating and protecting organs. Unsaturated fats, such as those found in avocados, nuts, and olive oil, are considered healthy fats as they can help reduce bad cholesterol levels and lower the risk of heart disease when consumed in moderation. However, it is important to balance fat intake with other macronutrients to maintain a healthy weight and overall well-being. It is very important, as women, to keep our daily fat consumption around 25-30% for hormone health & function.

Examples:

Nut butters, eggs, dark chocolate, mayo, fatty fish, olive oil, nuts, ghee, coconut milk, sunflower seeds, coconut meat

Proteins: The building blocks of life. They are responsible for repairing and building body tissues, including muscles, organs, skin, and hair. Essential amino acids, which are obtained through dietary protein, play a crucial role in various physiological processes. Proteins also contribute to the production of enzymes, hormones, and antibodies, which are essential for maintaining a healthy immune system. It is vital to include a variety of protein sources to ensure the body receives all essential amino acids required for optimal health and proper function of bodily processes.

Examples:

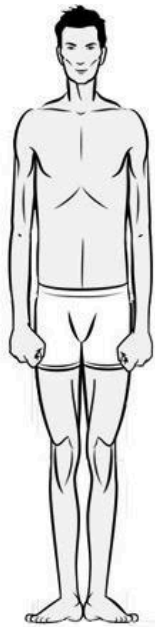
Chicken, ground turkey/beef, tofu, steak, egg whites, greek yogurt, cottage cheese, fish, shrimp, tuna, pb2 powder, protein powder

What should be my macro-breakdown??

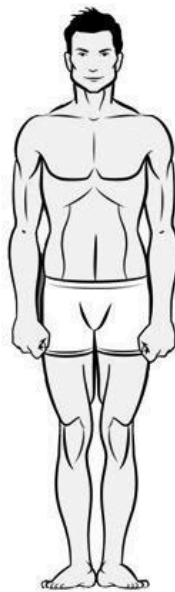
The United States Department of Agriculture (USDA) Dietary Guidelines recommend these Acceptable Macronutrient Distribution Ranges (AMDR) for adults

- **Carbs:** 45–65% of your daily calories
- **Protein:** 10–35% of your daily calories
- **Fat:** 20–35% of your daily calories

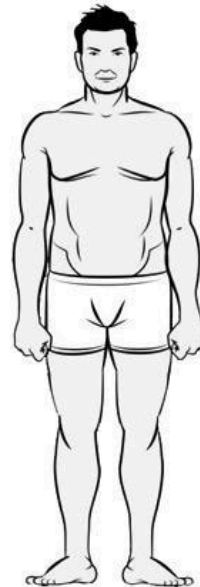
There are three body types:



Ectomorph



Mesomorph



Endomorph

Ectomorph: naturally thin with skinny limb, usually struggle to gain weight

25% protein / 55% carb / 20% fat

50% or more of calories should come from carbs, protein 2nd, fat 3rd. Ectomorphs usually process carbs very efficiently and turn into energy without storing excess body fat.

Mesomorph: naturally muscular and athletic, can build muscle fairly easy

30% protein / 40% carb / 30% fat

Balanced macro diet, e.g. mostly equal across protein, fat, and carbs

Maintenance is easy for this body type, especially when prioritizing protein intake. As long as you stay within your macros/calories, however your body is accustomed to being active so an inactive lifestyle can still lead to weight gain.

Endomorph: naturally broad and thick, struggle to lose weight usually

35% protein / 25% carb / 40% fat

Can easily gain weight if you mix up your macro/ caloric intake.

When trying to lose/gain weight or body fat, there's no perfect macro law. Trial and error is a thing. No specific macro goal can save you if you eat way too many calories or way too few. Your body type, metabolism and weekly physical activity level all have some bearing on your ratios. Tracking your food will help you gain knowledge on how to control your portions better and eating too much food (even if it's healthy) can inhibit your goals. Understand that your body type **can** have a bearing on how easily you reach your fitness goals however don't let your body type be an excuse for not reaching your goals.. These ratios are a starting range for most body-types. Experimenting is going to be key for better results. Get to know your body!