

Your guide to
Nutrition Basics

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FIT




What are macros?



Macros, or macronutrients, are what make up our diets along with micronutrients. Our macros are fat, protein, and carbohydrates. Micros consist of vitamins and minerals. Each macro has a daily recommended amount. Fat is 20-35%, protein is 10-35%, carbohydrates are 45-65%. You can alter these percentages based on your nutrition goals.

Using Macros



Now that we've discussed macro percentages, let's talk about what to do with them. The percentages from above are used to calculate how many grams of each macro you should eat a day. To start, find out your BMR (basal metabolic rate). Your BMR is the amount of energy the body burns to accomplish basic life functions; breathing, blood circulation, cell production, nutrient absorption, and digestion. Your BMR is similar to your RMR, resting metabolic rate, which includes the energy expended by simple daily movements. An equation, the Harris-Benedict BMR formula, calculates the calories for you. It's different for men and women. Calculators.org is a reliable site that does the math for you! Your BMR is calculated with your age, gender, height, and weight.

MEN = $66 + (6.2 \times \text{weight in lbs}) + (12.7 \times \text{height in inches}) - (6.76 \times \text{age in years})$

WOMEN = $655.1 + (4.35 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

total daily energy expenditure

TDEE

Once you've calculated your BMR, calculate your TDEE. Your TDEE is your total daily energy expenditure. This reflects the total amount of energy your body burns while working or exercising.

$$\text{Your TDEE} = \text{BMR} \times \text{Activity Level}$$

Activity Level + Number

Description



Sedentary | 1.2



Desk jobs or engage in very little exercise/chores.



Lightly Active | 1.375



Engage in chores, go on long walks, exercise 1 to 3 days.



Moderately Active | 1.55



Move a lot during the day, workout 3 to 5 days.



Very Active | 1.725



Play sports or engage in vigorous exercise most days.



Extra Active | 1.9



Intense workouts 6 to 7 days, demanding physical job.

After calculating your TDEE, you take that caloric number and use the macro percentages to figure out what to eat in a day, in grams. Let's use an example of a 25 year old female, 5 ft. 3, and 138 lbs. Her BMR = 1,427 calories/day. She is moderately active. Her TDEE = BMR x Activity Level = $1,427 \times 1.55 = 2,212$ calories/day. For her personal goals, her macros are:

Fat 25%: $2,212 \text{ cals} \times 0.25 = 553 / 9 = 61\text{g}$ fat

Protein 30%: $2,212 \text{ cals} \times 0.30 = 664 / 4 = 166\text{g}$ protein

Carbs 45%: $2,212 \text{ cals} \times 0.45 = 995 / 4 = 249\text{g}$ carbs

(The number we divide by is the amount of calories/gram of that macro!)



After you've calculated your TDEE, and before you calculate your grams of macros, decide if you're looking to maintain, lose, or gain weight. To maintain, simply eat the TDEE calories you calculated. If you're looking to lose weight, you simply want to eat in a deficit. If my client's TDEE is 2,212 but she wants to lose, we'll make sure she's eating below 2,212 (but above her BMR 1,427). If my client wants to gain, she would do the opposite and eat more than her 2,212. A general rule of thumb for most people is subtracting 500 for a deficit and adding 500 for a surplus.

Client Example:

Maintain: 2,212 cals/day

Lose: $2,212 - 500 = 1,712$ cals/day

Gain: $2,212 + 500 = 2,712$ cals/day

500 less a day is roughly ONE lb of weight loss a week. Do not exceed 500 purposely.

Do I have to track macros?



TO TRACK OR NOT TO TRACK...

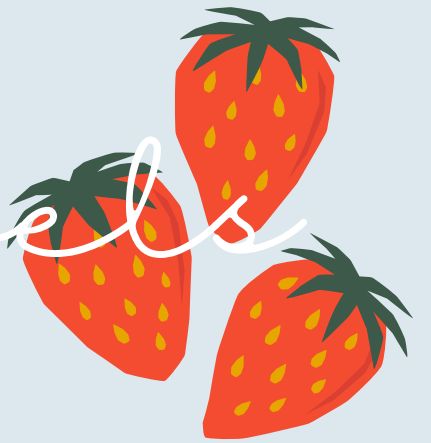
Actively tracking your calories and macros is not for everyone. It's recommended that you do not track if numbers are or have been an issue for you. Tracking numbers like this can create issues like depression, anxiety, or eating disorders. Numbers do not control you! If you feel you're struggling, please seek professional help from a doctor.

I recommend you track your food for 2-4 weeks and try to eat consistently. Once you've got an idea of what your daily calories looks and feels like, you won't have to actively track! We track these things to give ourselves more control over what we eat, but it does not control us. Life is about balance and there's always time to have your cake and eat it, too.

My favorite app is called Lose It!



Nutrition Labels



| Nutrition Facts | | | |
|--|-----------|-----------------------|---------|
| Serving Size 3 oz. (85g) | | | |
| Serving Per Container 2 | | | |
| Amount Per Serving | | | |
| Calories | 200 | Calories from Fat 120 | |
| % Daily Value* | | | |
| Total Fat | 15g | 20 % | |
| Saturated Fat | 5g | 28 % | |
| Trans Fat | 3g | | |
| Cholesterol | 30mg | 10 % | |
| Sodium | 650mg | 28 % | |
| Total Carbohydrate | 30g | 10 % | |
| Dietary Fiber | 0g | 0 % | |
| Sugars | 5g | | |
| Protein | 5g | | |
| | | | |
| Vitamin A 5% | ● | Vitamin C 2% | |
| Calcium 15% | ● | Iron 5% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbonhydrate | | 300mg | 375mg |
| Dietary Fiber | | 25g | 30g |

Reading nutrition labels can be tricky. You always want to check the serving size and servings per container. A lot of people, me included, will assume something is one serving because “it looks like it is” or “I’m able to consume the whole thing easily”. If you’re tracking, some apps will let you scan your product and it usually does the work for you, (Noom, Lose It, My Fitness Pal). It’s important to read these to know how many grams of fat, carbs, and protein you are getting per serving.

Reading ingredient lists can be tricky, too. Ingredients are listed by most to least quantities. So in this example, water is the main ingredient in this product. Typically you want the first 3 ingredients to be whole foods. It’s good the first ingredient is water but then the next two are forms of sugar: sugar and corn syrup. Another rule is if the list is longer than 2-3 lines, you can assume it’s a processed food. You’ll want to eliminate or decrease consumption.

INGREDIENTS: WATER, SUGAR, CORN SYRUP, MILK PROTEIN CONCENTRATE, VEGETABLE OIL (CANOLA, HIGH OLEIC SUNFLOWER, CORN), COCOA PROCESSED WITH ALKALI, SOY PROTEIN ISOLATE, AND LESS THAN 0.5% OF POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM CHLORIDE, CELLULOSE GEL AND GUM, SALT, CALCIUM PHOSPHATE, CALCIUM CARBONATE, SODIUM ASCORBATE, SOY LECITHIN, CHOLINE BITARTRATE, ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, CARRAGEENAN, FERRIC PYROPHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ZINC SULFATE, VITAMIN A PALMITATE, NIACINAMIDE, VITAMIN D₃, CALCIUM PANTOTHENATE, MANGANESE SULFATE, COPPER SULFATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, BETA CAROTENE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, VITAMIN K₁, SODIUM SELENITE, SODIUM MOLYBDATE, VITAMIN B₁₂.



Thank you for taking the time to read and educate yourself. If you have any additional questions please feel free to message me!

Everything I've put in here is common knowledge and was also taught to me through my bachelor's degree and certifications. You can fact check anything in here if you're feeling unsure.

While it's important to live a healthy life, it's important to enjoy life, too. Remember, you didn't lose weight overnight which means you can't gain weight overnight. Both of these things are gradual and have many parts to them. Eat the cake but don't forget to eat your veggies, too!

