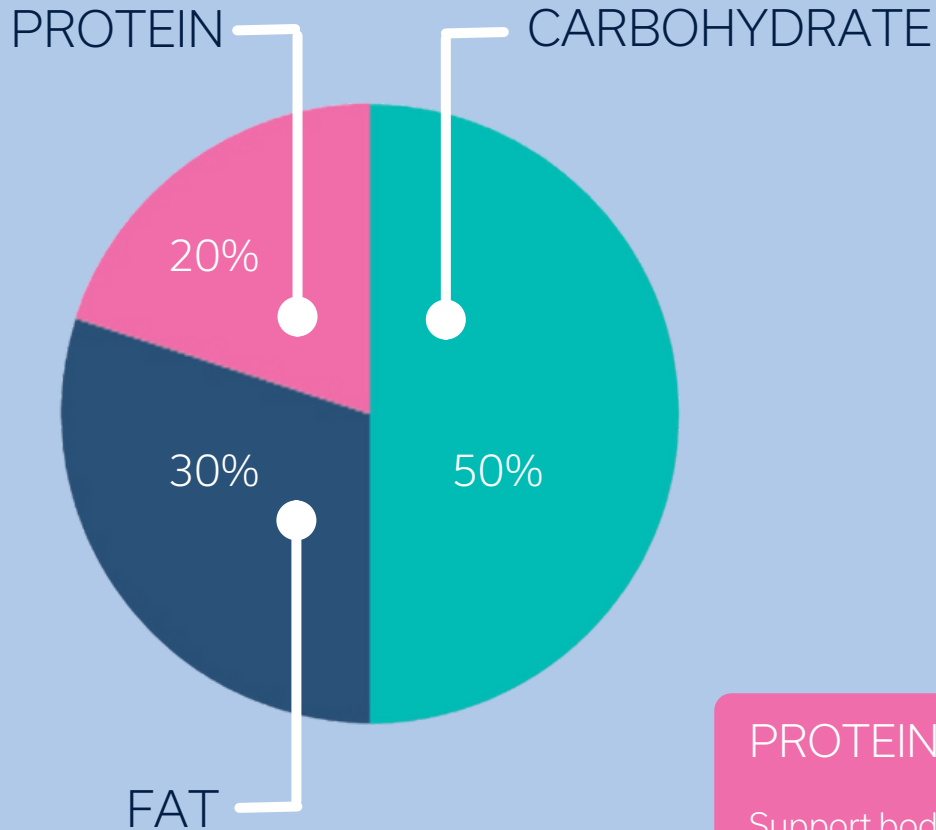


WHAT ARE MACROS?

"Macronutrients are the nutritive components of food that the body needs for energy and to maintain the body's structures and systems."



This is a sample breakdown of macro intake - your needs may be different!

CARBOHYDRATES

Provide the primary fuel for your muscles and nervous system.

- whole grains
- starchy vegetables
- beans, peas, lentils
- milk, yogurt
- fruit

PROTEINS

Support body tissues, as well as hormonal, metabolic, and enzyme functions.

- poultry, beef, pork, seafood
- cheese, cottage cheese, milk, yogurt
- eggs
- beans, peas, lentils
- nut and seed butters

FATS

Serve as an energy reserve, protection and insulation for the body, and allows absorption of fat-soluble vitamins.

- fatty fish
- olive and canola oils
- nuts and seeds
- avocado
- olives

Pros and Cons of Tracking Macros

Pros

- Provides a flexible and customizable approach to eating.
- Can help raise awareness about the nutritional content of foods.
- Best suited for specific, short-term goals.

Cons

- Can lead to restriction and deprivation.
- Does not account for micronutrient or calories.
- May not be sustainable long-term for most people.

Minimum Guidelines for Macros

Carbohydrates:
at least 130 grams
per day

Protein:
at least 0.36 grams per
pound of body
weight

Fat:
at least 0.25 grams per
pound of body
weight