# MACRO NUTRITION GUIDE

Reformed coaching

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# Introduction to Nutrition

## WHY IS EATING A BALANCED DIET IMPORTANT ?

A balanced diet supplies the nutrients your body needs to work effectively. Without balanced nutrition, your body is more prone to disease, infection, fatigue and low performance.

<u>The core elements that make up a healthy dietary pattern include</u>:

- Vegetables! of ALL kinds!

Dark green, red and orange along with beans, peas, lentils and starchy veg.

- Fruits!

(particularly whole fruits rice rather than fruit juices)

- Grains!

(at least half of which are whole grain)

- Dairy! Including fat free, or low-fat milk, yoghurt, cheese or even lactose-free versions and fortified soy beverages and yoghurt.

- Protein rich foods!

Including lean meats, poultry, eggs and seafood or any higher protein vegan/ vegetarian products.

- Oils, such as vegetable oils,

and oils found in food.

# WHAT ARE MACROS?

The word ‘macro(s)’ is short for macronutrient. Macronutrients are a group of nutrients found in food that provide the body with energy.

The three primary macronutrients are; Carbohydrates, Protein and fat. Irrespective of whatever lifestyle you lead, workout plan or diet you may be following, all three are essential in our daily food intake for a happy, healthy life.

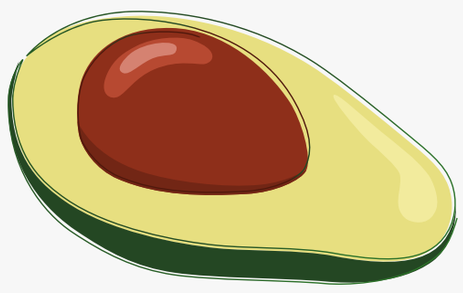
## CALORIC BREAKDOWN OF MACRONUTRIENTS ?

If your goal is weight management, weight loss or weight gain. The success or failure of your program will ultimately rest on your overall calorie intake.

If you consume fewer calories than your body burns then you’ll lose weight. If you consume more calories than your body burns you’ll gain weight. if you consume the same amount then you will maintain weight.

1 GRAM OF PROTEIN
=
4 CALORIES

1 GRAM OF CARBS
=
4 CALORIES



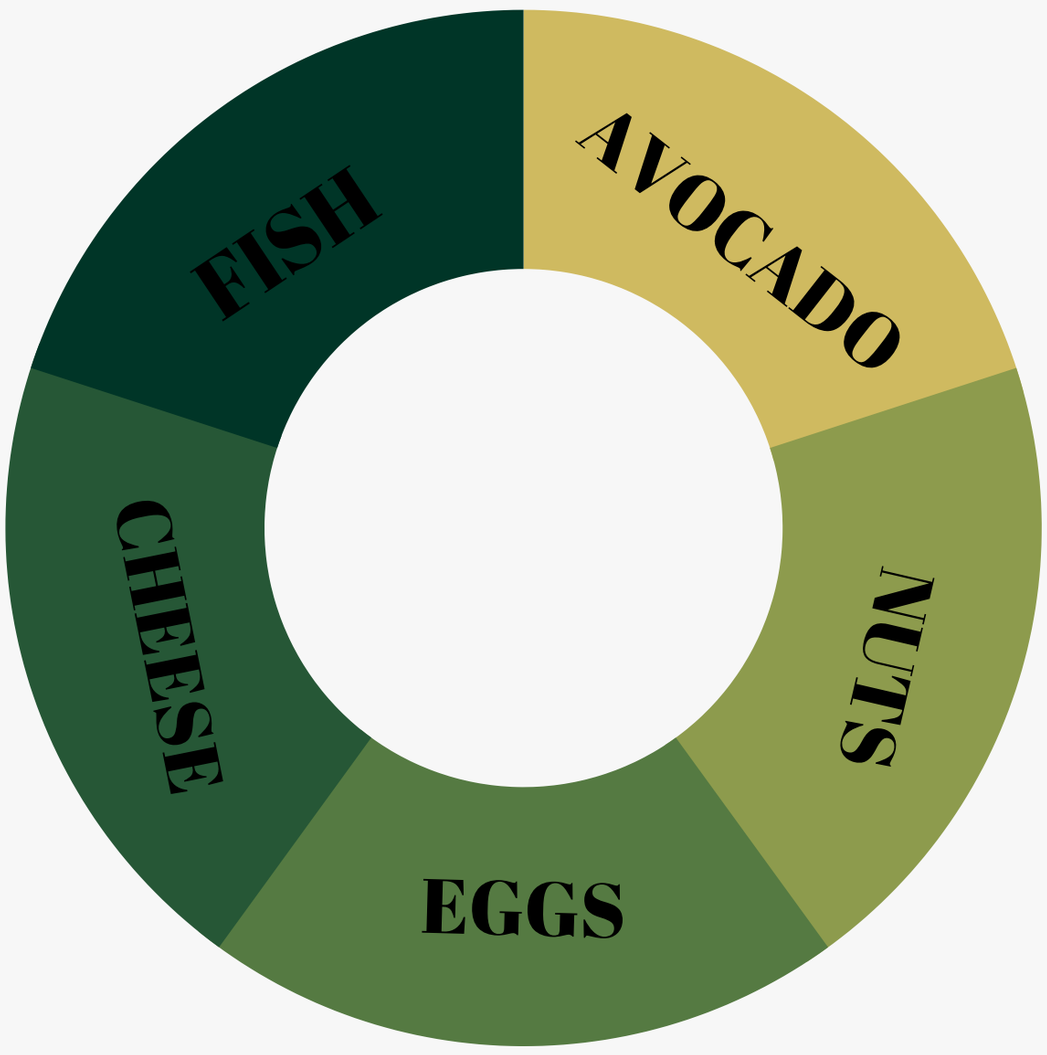
1 GRAM OF FAT
=
9 CALORIES

# A BALANCED DIET

## FATS

### SOME KEY FUNCTIONS OF FAT

- Protect our internal organs .
- Thermoregulation (temperature control)
- Insulation of nerve cells, eg, helping us to carry out tasks which need our brains to talk to our muscles.
- Provide energy: 1g of fat will provide 9kcals of energy.
- Growth, development and repair of body tissues.




# A BALANCED DIET

## PROTEIN

### SOME KEY FUNCTIONS OF PROTEIN

•Growth, maintenance and repair of body tissue.
•Maintains proper PH levels within the body.
• Balances fluids.
•Transports and stores nutrients.
• Supports muscle contraction and movement.
•Assists hormone production and provides energy.

**PER 100G**

| | |
|---|---|
| Chicken breast | 31G |
| Mince meat | 24G |
| 1 Whole Egg | 6G |
| Tuna | 24G |
| | |

# A BALANCED DIET

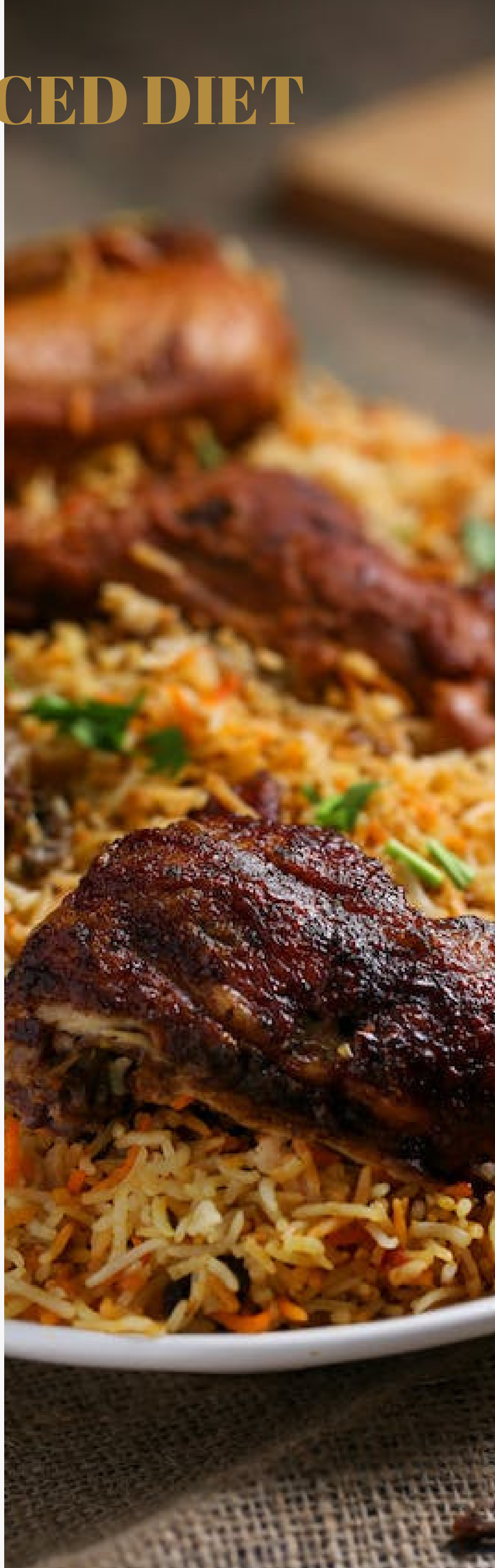
## CARBS

### SOME KEY FUNCTIONS OF CARBS

- The main function of carbohydrates is to provide the body with energy/fuel.
- Energy storage
- Building macro molecules
- Sparing protein
- Assists in lipid metabolism

**Sources of good carbs.**
**PER 100G**

| | |
|---|---|
| **Brown rice** | **39G** |
| **Pasta** | **30G** |
| **Boiled potatos** | **20G** |
| | |
| | |



# FINDING YOUR MACROS

Each individual has there own macros depending on age, weight, height, activity and body goal amongst many other factors.


## CARBOHYDRATES

Carbohydrates (simple sugars) are formed in chain structures, they get broken down and converted into glucose. They contain 4 calories per gram. Glucose is an essential nutrient, and it is the main source of energy for our brains, hearts, and central nervous system.

## PROTEIN

Protein is comprised of amino acids, which are considered the building blocks of all protein. Each gram of protein contains 4 calories.
The most crucial functions of protein are building, maintaining, and assisting in the repairing of tissue. There is an extensive variety of proteins, and therefore, a variety of different structures. They serve several different functions within the body, are essential for our fundamental makeup, and every biological process is aided by the addition of protein.

## FATS

Fats contain 9 calories per gram and their purpose is to transport the vitamins A, D, E, and K. They play a significant role in various important functions throughout the body including brain development, handling inflammation, hormone production, and blood clotting. There are two main groups by which fats are categorized: saturated and unsaturated (which includes two subcategories: monounsaturated and polyunsaturated).

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# HOW DO I WORK OUT MY MACRO REQUIREMENTS?

In order to workout your daily macro needs you need to,

Firstly calculate your basal metabolic rate (BMR).

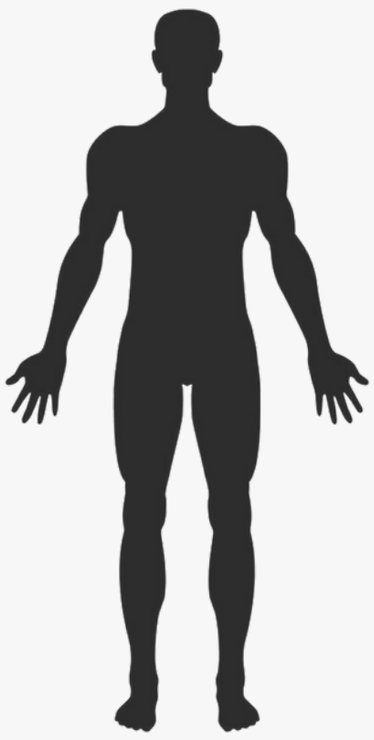
## WHAT IS BMR?

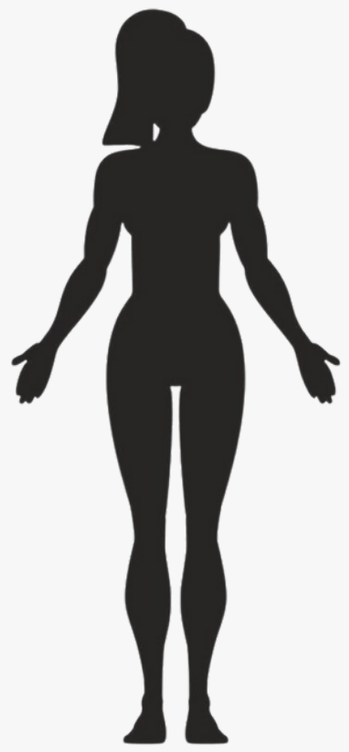
BMR = The total number of calories your body needs to perform essential / life sustaining functions.

These functions include circulation / breathing /cell production / nutrient processing / protein synthesis and ion transport.

Establishing your BMR works as a starting point to determine how many calories you need to consume based on your goals.

- For men: ( 10 x Weigh in kg) + (6.25 x height in CM) - ( 5 x age in years ) + 5
- For women: ( 10 x Weigh in kg) + (6.25 x height in CM) - ( 5 x age in years ) - 161





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# Now you have your BMR, you must workout your total daily energy expenditure ( TDEE)

## WHAT IS TDEE

TDEE is an estimation of how many calories you burn a day when exercise is taken into account.

Once you have worked out your BMR you can calculate your daily calorie requirement by multiplying your BMR by one of the following activity level factors.

| | |
|---|---|
| 1 | If you are sedentary (little or no exercise)<br>**Calories Per Day = BMR x 1.2** |
| 2 | If you are lightly active (light exercise or sports 1-3 days/week)<br>**Calories Per Day = BMR x 1.375** |
| 3 | If you are moderately active (moderate exercise 3-5 days/week)<br>**Calories Per Day = BMR x 1.55** |
| 4 | If you are very active (hard exercise 6-7 days/week)<br>**Calories Per Day = BMR x 1.725** |
| 5 | If you are super active (very hard exercise and a physical job)<br>**Calories Per Day = BMR x 1.9** |

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Simply multiply your BMR by the PAL (physical activity level ) number that corresponds to your daily activity.

To lose weight, it's often recommended that you subtract around 500kcal from your TDEE, so you're in a calorie deficit (you must consume LESS calories than you burn each day, in order to lose weight).

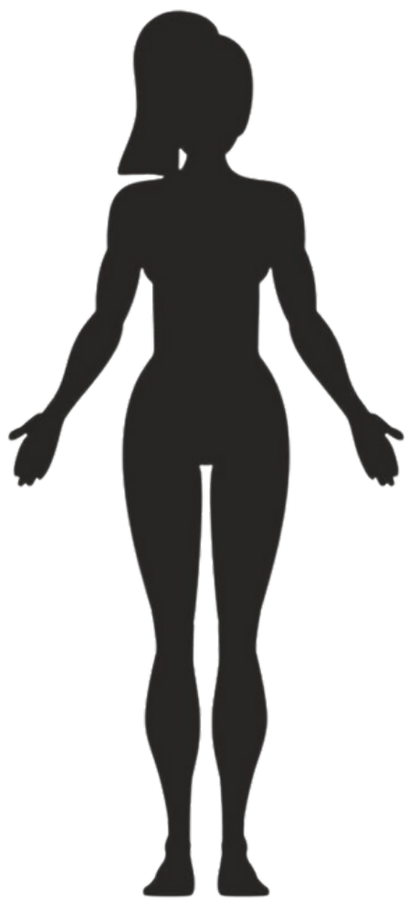
Looking to gain muscle?.
We recommend initially implementing a surplus of 500 calories, relative to your TDEE. (you must consume MORE calories than you burn on a daily basis, in order to gain weight).

Macros can be split in different ways, however a common macro split of nutrients would be,
50% Carbs,  30% Protein, 20% Fat.

Harry
Age 45
Current weight -86KG
Height -182CM
Very Active
Wants to gain muscle mass
Works out 6-7 times per week

Protein -268g
Carbs - 446g
Fat -79g
Calories -3566

1777.5 (BMR) X 1.725 (TDEE) = 3066
+ 500 (surplus) = 3566kcal



Sue
Age 28
Current weight -67KG
Height-160CM
Moderately Active
Wants to lose weight.
Works out 3-4 times a week.

Protein -122g
Carbs -203g
Fat -35g
Calories -1621

1369 (BMR) X 1.55 (TDEE) = 2121
-500 (deficit) = 1621kcal

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# MICRONUTRIENTS

Now that you've become more familiar with macronutrients and its accompanying components, let's talk about micronutrients and fibre.

Micronutrients - also known as vitamins and minerals.

These nutrients are necessary, but in much smaller quantities than your macronutrients, example -carbs, protein and fat. THINK micro, these nutrients, as opposed to macronutrients, they contain no calories, however they do offer essential nutrients the body needs.

## DID YOU KNOW ?

Mirconutrients assist the body with the production of hormones, enzymes and other necessary substances needed for the development, growth, and a properly working body.


**I** Iron is crucial for motor and cognitive development. Iron deficiency is a leading cause of anemia, which is defined as low hemoglobin concentration.

**F** Folate is essential, everyone needs folate to make new cells.

**A** Vitamin A supports healthy eyesight and immune system functions.

**D** Vitamin D supports strong bones by help the absorb calcium. This helps protect older adults from osteoporosis.

**Z** Zinc promotes immune functions and helps people resist infectious diseases.

**I** Iodine is required during pregnancy to ass with healthy growth and cognitive development.