

WHAT ARE MACROS

Macronutrients, commonly referred to as “macros,” are three important components of the foods and drinks we consume. Macronutrients fall into 3 categories - protein, carbohydrate, and fat. They are the main sources of energy (calories) that enter our bodies. Beyond providing energy, each macronutrient has additional functions as well.



PROTEIN

4 calories/gram

Protein's primary function is to build and repair the structure of our body tissues. Protein is made up of long chains of amino acids. Some of the best food sources of protein are meats, poultry, fish, dairy, and soy.



CARBOHYDRATE

4 calories/gram

Carbohydrates are the body's main source of energy. Carbs are found in food in the form of sugars and fibers. Food sources of carbohydrates include fruits, vegetables, and grains.



FAT

9 calories/gram

Fats have many functions in the body. They are required to absorb and transport fat-soluble vitamins, are component in many physiological processes, and are used to produce a variety of hormones. Some common sources of foods high in fat are oils, butter, full-fat dairy, and higher fat cuts of meat.

WHAT ABOUT ALCOHOL? *Alcohol also provides our body with calories but it is considered a drug, not a nutrient.*

At Stronger U we use tracking and hitting recommended macros as our method for helping you move towards your body composition and performance goals. Setting your starting macro goals can be simplified in the following 4 steps. These estimations are appropriate for most generally healthy individuals. People who are obese or have other specific health conditions should check with a health care provider before following a program based on these recommendations.

Daily Calorie Goal

Setting your macro goals begins with setting your daily calorie goal. A daily calorie goal is set on a variety of factors including your age, height, weight, activity level, and your body composition and performance goals. There are a variety of evidence-based methods for setting your daily calorie goal. As with any calculations, these should be considered a starting point and will need to be adjusted based on how you and your body respond over the first few weeks.

WEIGHT LOSS 10-12 x bodyweight (lb.)

WEIGHT MAINTENANCE 13-15 x bodyweight (lb.)

WEIGHT/MUSCLE GAIN 16+ x bodyweight (lb.)

Daily Protein Goal

Aiming to hit between 0.7 - 1grams of protein per pound of bodyweight is an appropriate range for most people.

Daily Fat Goal

To prevent deficiency in essential fats from the diet, a minimum of 0.25g of fat per pound of bodyweight is recommended. For most people between 0.25 and 0.5 grams per pound of bodyweight is an appropriate range.

Daily Carb Goal

The remaining calories left after protein and fat goals are calculated make up your daily carbohydrate goal.

EXAMPLE For a woman that weighs 170 pounds, is moderately active and would like to lose weight, here's one way to calculate daily macronutrient goals for her to start with. **PROTEIN & CARBS = 4cal/gram** **FAT = 9cal/gram**

STEP 1	STEP 2	STEP 3	STEP 4	DAILY MACRO GOAL
$170 \text{ lbs.} \times 11 =$ 1870 CALORIES	$170 \text{ lbs.} \times 0.85\text{g protein} =$ 145g PROTEIN	$170 \text{ lbs.} \times 0.4\text{g fat} =$ 68g FAT	1870 calories -530 (protein) -612 (fat) = 728 calories for carbs 180g CARBS	145g PROTEIN 68g FAT 180g CARBS



Main Takeaway

Each macronutrient is important in many ways. Tracking your food intake to encourage you to eat a specific amount of each macro can be a healthy and effective method for hitting your body composition and performance goals. You can calculate a good guesstimate for appropriate macros by using the 4 steps described in this document but then will need to make adjustments based on how your body responds.



Resources

Protein for the win.

[Read this blog.](#)

Macro Numbers

[Read this blog.](#)

Why we track.

[Read this blog.](#)