



Macros 101

Everything you ever wanted to know about
MACRONUTRIENTS



We've all heard the term "macros" or macronutrients, right? But what does it mean? What are they exactly, do I need all of them in my diet? Yup, you sure do... and here's why. Understanding:

- what the different macronutrients do for your body
- what foods provide the different macronutrients, and
- approximately how much of each macronutrient your body needs

will provide the framework for making effortless healthy food choices for the rest of your life.

HEALTHY FATS

The anti-inflammatory Omega-3 fats are the ones usually referred to when we talk about "healthy" fats. Our bodies are unable to synthesize these types of fatty acids on their own, and we must obtain them from the diet with foods such as:

- cold water wild fish: salmon, tuna, halibut
- fish oil
- avocados
- nuts and seeds
- nut and seed oil and butters
- egg yolks
- chia, flax and hemp seeds

These fats play an important role in many crucial functions in the body, such as:

- maintenance of all cell membranes
- normal growth

- energy production
- regulating inflammatory processes
- healthy arteries and nerves
- brain function and mental health
- regulation of blood sugar levels
- metabolism and weight control
- transport and absorption of minerals
- hormone regulation
- cardiovascular support

You can see why these healthy fats are so vital in our diets, and why restricting them (for fear of “getting fat”) will not only sabotage our weight loss efforts, but is downright dangerous to our overall health! Recent research is showing that cardiovascular disease and obesity is not the result of healthy fat intake, but rather is correlated with consumption of trans fats and refined sugar products. Both of these occur in abundance in processed packaged foods.

For inquiring minds: Trans fats are the scary fats! Although some meat and dairy products have very small amounts of naturally occurring trans fats, it's the man-made kind that's produced in the industrial practice of adding hydrogen to vegetable oil that's so dangerous in our bodies.

The RDA (recommended daily amount) for fat is 20-30%. But... keep in mind that RDAs were originally developed to prevent disease and ultimately death. For athletes, it's suggested 25-35% is more suitable. We like to see you thrive, rather than just survive!

PROTEIN

Not just for the bodybuilder! Protein is present everywhere in the body: in muscles, bones, connective tissue, blood vessels, skin, hair, and even fingernails. But there's a lot more that protein does. It also:

- regulates hormone secretion
- maintains the body's water balance
- transports nutrients in and out of all cells
- carries oxygen
- regulates blood clotting
- helps stabilize blood sugar balance and control appetite

Yup, you're basically a pile a protein! And it's always being broken down as a result of normal physiological processes and therefore, must be constantly replaced in sufficient amounts.

The RDA for protein is less than a gram/kg of body weight, which often works out to only 10-15%, but general nutritional science and sports nutritionists alike are now agreeing that this number is grossly undervalued.

Many experts in the field, including the Institute of Medicine (US) now state that up to 1.4 g/kg of body weight is appropriate, and sports nutritionists agree that up to 2.2g/kg is suitable for athletes whose rate of protein breakdown in the body is greater. That could be up to 35% of total daily nutrition. Age, muscle mass, exercise type, health status and goals are among the factors that may change how much protein your body needs.

Is too much protein bad for my kidneys or liver?

This is a commonly disputed question. I think Precision Nutrition put it best when they explained the correlation – not causal – link between protein and the kidneys:

“It’s the difference between jogging with a broken leg and jogging with a perfectly healthy leg. Jogging with a broken leg is a bad idea. Doctors would probably tell you not to jog if your leg is broken. But does jogging *cause* legs to break? No.

That’s the same thing with protein and kidneys. Eating more protein does increase how much your kidneys have to work (glomerular filtration rate and creatinine clearance), just like jogging increases how much your legs have to work. But protein hasn’t been shown to *cause* kidney damage — again, just like jogging isn’t going to suddenly snap your leg like a twig.

High-protein diets do result in increased metabolic waste being excreted in the urine, though, so it’s particularly important to drink plenty of water to avoid dehydration.”

The same is true of your liver.

For more information on this and other protein questions:

<https://www.precisionnutrition.com/will-a-high-protein-diet-harm-your-health>

Protein & Weight Loss

→ Protein is satiating. Try it, eat a pasta dish without added protein and see how hungry you are a couple hours later compared to eating the same pasta dish with a big serving of protein with it! It fills you up for longer, which means you tend to eat less – win for weight loss!

→ Protein also helps to stabilize blood sugar levels because it’s slower to digest in the body. Eating it with carbohydrates will slow the release of sugars (from that carb) into the blood stream, thereby reducing blood sugar spikes. Balanced blood sugar levels = less hunger and cravings + more energy.

→ Protein is a higher thermogenic nutrient than carbs and fats. This means it requires more heat in the body to breakdown and utilize it – which increases metabolism. This is why you often see weight loss diets that are high in protein.

→ Increased protein and muscle: it helps with repair and recovery of muscle breakdown from your workouts (both endurance and resistance exercise), it helps to build new muscle tissue (and muscle burns more calories while at rest – bonus!), and it help reduce muscle breakdown when you’re on a reduced calorie diet for weight loss.

By including small amounts of protein in most meals and snacks, you can control your appetite, feed your muscles more efficiently, and maintain lean muscle when you’re trying to lose fat.

Quality sources of protein include:

- lean cuts of beef
- fish
- poultry and other meats
- eggs
- dairy products
- tofu

Good vegetarian sources of protein include:

- spinach and other greens
- broccoli
- bok choy
- legumes such as lentils, chickpeas, kidney and black beans
- pumpkin seeds
- grains such as quinoa, amaranth, and buckwheat
- tofu and other soy products

CARBOHYDRATES

Despite being demonized in the media, nutritional science still shows that carbohydrates remain the most powerful of nutrients in affecting your energy levels, brain function and the operation of all organs. This is particularly due to carbohydrate's role in intestinal health, and specifically in your gut microbiome. Your microbiome (aka gut bacteria, flora, or bugs) has been making headlines all over the world of science for its role in virtually everything that goes on inside your body – from inflammation, immunity, hormonal and metabolic functions, brain function, and even in reducing risk of diseases like cancer. Scientists now know that many of our nutrients, neurotransmitters, and hormones are actually produced right there in your intestines by your good gut bugs!

And guess what feeds these good gut bugs? It's your diet. Particularly carbohydrates. In fact, scientists have discovered that insufficient intake of carbohydrates changes the gut microbiome in ways that the long term effects of cannot even be fully measured yet.

We think it's safe to say that until such time as more data is available, the risk of messing with our gut bugs is probably not a good way to support our weight loss, fitness and wellness goals.

Why the bad rap?

Carbohydrate's bad reputation has come from the *excess consumption of the wrong kinds* of carbohydrates. This includes processed refined sugar-laden carbs that have been stripped of nutrients to support the body, and instead contribute to inflammation, blood sugar imbalances, and even hormonal disruption. When it comes to insulin

resistance and obesity, real food sources of carbohydrates are not the bad guys, but rather these artificial processed sources of carbohydrates.

The key thing to keep in mind is that whole food sources of complex carbohydrates (like natural, fibrous ones listed below) are infinitely better for you than simple refined carbohydrates (white breads, rice, pasta; donuts, commercial crackers, cookies, etc).

- [fruits and vegetables](#)
- [starchy vegetables like potatoes, yams and winter squash](#)
- [whole grains](#)
- [quinoa](#)
- [oats](#)
- [buckwheat](#)
- [rice](#)

Sadly, the no-carb diet dominated the diet industry for quite some time, and people desperate to lose weight are still falling victim to it. At first, it seems quite successful. The weight falls off super quick according to the scale. But it's just a cruel trick.

→ You're dehydrated. Carbohydrates hold both fluids and sodium. For every one gram of carbs stored in your body (as glycogen), approximately 2-3 grams of water is retained. Additionally, when you restrict carbs in the diet, they're often replaced with very high amounts of protein. The nitrogen in the excess protein needs to be excreted via urine, causing you to pee more and further removing fluids. This dehydrating effect contributes to fatigue, reduced focus, poor performance and recovery, intestinal problems, difficulty with body temperature regulation, and other imbalances.

→ You're losing muscle. Carbs are your body's preferred source of energy, and when it's not getting enough to fuel daily functions and activity, you risk your own muscle being broken down to use as fuel. Less lean muscle = decreased metabolism = reduced fat burning potential.

A no-carb diet will most always result in sabotaged weight loss efforts.

Mipstick's BYOB Series Nutrition Plans ensure approximately 40-50% of your total nutrients are supplied by high quality carbohydrates; both complex carbs (rice, oats) and fresh fruits and vegetables.

More, for inquiring minds...

What about fruit and other natural sugars?

You might've heard that you shouldn't eat fruit when trying to lose weight or if you're diabetic, because of their natural sugars. We couldn't disagree more! Here's why: <https://www.mipstick.com/fruit-good-or-bad/>

What about the keto diet?

The ketogenic diet is one that requires super low (like none) carbohydrates, moderate protein, and very high fat intake. To sum up our approach to diets that eliminate entire food groups, especially nutrient-rich real food:

1. Scroll back up to the section on carbohydrates and review the many crucial roles they play in your body.
2. The best diet is one you can stick to, the one that's actually not a *restrictive diet*, but rather, a way of eating for life.
3. The biology of energy production in the body remains unchanged. Any activity over moderate intensity requires carbohydrates to fuel. Therefore, if you do anything over 65% of your maximal effort, your performance will be hindered without adequate carbohydrate consumption.

Indeed, there's a lot more to the keto diet. Once again, we direct you to our trusted evidence-based Precision Nutrition for the full low-down on this increasingly popular diet. <https://www.precisionnutrition.com/ketogenic-diet>

MACRO FOOD CHARTS

Nutritional and macro values can vary among sources, and among different brands or packaging of the same food. Therefore, it can be frustrating or confusing trying to determine what is correct.

Note: MyFitnessPal (a valuable resource that we highly recommend) can have extremely inaccurate values. That's because their database of food is created by ordinary people who may or may not have input the values accurately.

If you plan to use MyFitnessPal on a regular basis, we recommend that you create your own common foods by manually adding in the values below. (Label them using your own name: "Christina's Quinoa" etc. Easy to find, and gives you the peace of mind knowing you have the correct nutritional value.)

This list is developed from years of experience, and comparing many sources and labels.



STARCH / COMPLEX CARBOHYDRATES



	SERVING	CALORIES	CARBS	PROTEIN	FAT
Quinoa, cooked	1/2 cup	111	20g	4g	2g
Rice white, cooked	1/2 cup	115	22g	2g	2g
Rice brown, cooked	1/2 cup	120	22g	2g	1g
Oats steel cut, cooked	1/2 cup	166	28g	6g	4g
Quick oats, cooked	1/2 cup	150	27g	5g	3g
Buckwheat grouts cereal	1/4 cup uncooked	142	31g	5g	1g
Sweet potato, cooked	1/2 cup	114	27g	2g	0g
Bread, Dempsters	1 slice	110	20g	4g	1g
Lentils, red or green	1/2 cup	115	20g	9g	0g
Black beans	1/2 cup	120	22g	9g	0g
Chick peas	1/2 cup	135	22g	8g	2g
Rice cakes	2 rice cakes	80	16g	2g	0g
Squash, kobacha	1 cup	40	10g	2g	0g
Squash, butternut	1 cup	63	16g	1g	0g
Squash, spaghetti	1 cup	31	7g	1g	1g

FRUIT / CARBOHYDRATES



	SERVING	CALORIES	CARBS	PROTEIN	FAT
Apple	medium	80	22g	0g	0g
Banana	7-8"	105	27g	1g	0g
Orange	3"	69	18g	1g	0g
Grapefruit	medium	90	13g	0g	0g
Kiwi	2 fruits	92	20g	2g	1g
Strawberries	1 cup	83	21g	1g	0g
Blueberries	1 cup	70	17g	1g	0g
Mango	1 cup	46	12g	1g	0g
Watermelon	1 cup	90	21g	1g	1g
Honey raw unpasteurized	1 tbsp	64	17g	0g	0g
Pure maple syrup	1 tbsp	50	13g	0g	0g



FATS



	SERVING	CALORIES	CARBS	PROTEIN	FAT
Avocado	half of one	175	9g	2g	15g
Olive oil	1 tbsp	119	0g	0g	14g
Coconut oil	1 tbsp	120	0g	0g	14g
Nuts: Brazil	4 nuts	98	0g	4g	9g
Nuts: almonds	15 nuts	100	3g	5g	10g
Nuts, cashews	10 nuts (1 oz)	155	9g	9g	3g
Nuts, walnuts	5 nuts	130	3g	3g	3g
Sesame seeds	2 tbsp	104	4g	4g	4g
Pumpkin seeds	2 tbsp	110	2g	2g	6g
Sunflower seeds	2 tbsp	90	2g	2g	4g
Almond butter	1 tbsp	100	3g	3g	3g
Salmon	4 oz	190	0g	0g	24g
Flax seed ground	3 tbsp	110	6g	6g	3g
Hemp heart seeds	4 tbsp	160	7g	7g	11g
Chia seeds	3 tbsp	180	12g	12g	6g
Fish oil	2 tsp	80	0g	0g	0g
Beef, extra lean ground	1/2 cup (3.5 oz)	179	0g	0g	20g
Turkey, lean ground	1/2 cup (3.5 oz)	120	0g	0g	20g



VEGETABLES



	SERVING	CALORIES	CARBS	PROTEIN	FAT
Beets, cooked	1 cup	58	13	2	0
Peppers, sweet	1 cup	50	10	1	0
Carrots	1 cup	53	12	1	0
Snap peas	1 cup	35	6	2	1
Peas (shelled)	1/2 cup	55	10	4	0
Tomatoes	3" fresh	32	7	1	0

Enjoy unlimited non-starch veggies!

Cucumber, celery, zucchini, broccoli, cauliflower, brussel sprouts, lettuce, spinach, kale, other greens (collards, beet greens, swiss chard), green or yellow beans, asparagus

*Fresh or lightly cooked is often easier to digest

PROTEIN

	SERVING	CALORIES	CARBS	PROTEIN	FAT
Chicken breast	4 oz (1 breast)	100	0g	22g	1.5g
Tilapia fish	4 oz	108	0g	24g	2g
Basa fish	4 oz	124	1g	26g	3g
Turkey, lean ground	3.5 oz (1/2 cup)	120	0g	20g	6g
Salmon	4 oz	190	0g	24g	10g
Beef, extra lean ground	3.5 oz (1/2 cup)	179	0g	20g	10g
Protein powder, Dynamis	1 scoop	116	5g	23g	0g
Protein powder, Iron Vegan	1.25 scoop	112.5	5g	22g	1g
Collagen, Great Lakes Bovine	4 tbsps	100	0g	24g	0g
Greek yogurt, Chabani	1 cup	130	11g	22g	0g
Tofu, extra firm	6 oz (3/4 cup)	160	4g	16g	8g
Egg, whites only	4 whites (1/2 cup)	63	1g	13g	0g
Eggs, whole	2 eggs	140	2g	12g	10g
Cottage cheese 2%	1/2 cup	180	14g	20g	5g

PLANT BASED PROTEIN

	SERVING	CALORIES	CARBS	PROTEIN	FAT
Lentils, cooked	1 cup	230	40	18	0
Chickpeas, cooked	1 cup	269	45	15	4
Quinoa, cooked	3/4 cup	222	39	8	3
Buckwheat, cooked	1 cup	155	33	6	1
Pumpkin seeds	1/4 cup	180	3	10	16
Almonds	1/4 cup	132	5	5	11
Broccoli	1 cup	55	4	11	0
Spinach	1 cup	41	5	7	0
Spirulina, most seaweed	1/4 cup	44	8	4	0
Boy Choy	1 cup	20	3	3	0

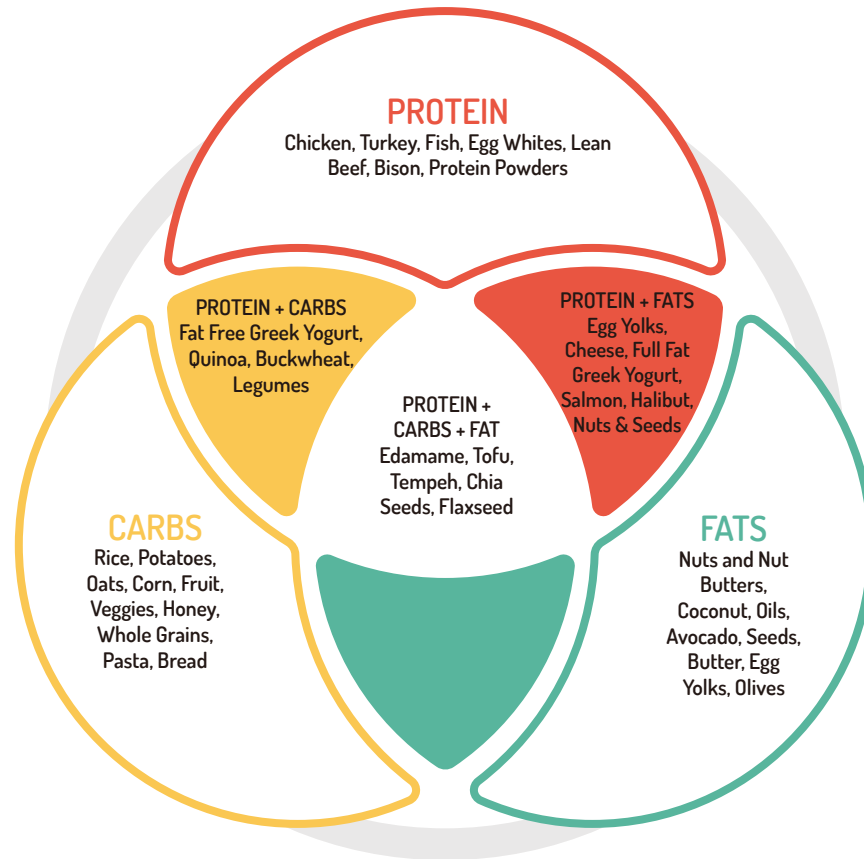
CONDIMENTS



Fat free, sugar free dressing (be aware of additives)
 All seasonings
 Sea salt
 Mustard
 Stevia, monk fruit as sweeteners
 Herbal teas
 Apple cider vinegar
 Lemon juice
 Salsa and hot sauce



MACROS GUIDE



Approximate Serving Sizes for Him & for Her



A serving of Protein
1 palm
For HIM - 5-6 oz
For HER - 3-4 oz



A serving of Carbohydrates
1 palm
For HIM - 1 cup
For HER - 1/2+ cup



A serving of Healthy Fat
1 thumb
For HIM - 1+ tbsp
For HER - 1 tbsp



A serving of Vegetables
1 fist
For HIM - 1.5 cup
For HER - 1 cup

For HER, choose one of each to construct a healthy balanced meal. For HIM, choose 1-2 of each to construct a healthy balanced meal.

You're building your best body. From the inside out.



Get in touch today...
we'd LOVE to hear from you!



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