

Nutrition Basics



What are Macros? and why do they matter?



Macro-nutrients or Macros for short are the three main categories of nutrients. They provide the energy and calories for your body. They are made up of Proteins, Carbohydrates, and Fat.

Protein

The body's building blocks. Crucial for building muscle, repair cells, support your immune system.

Carbohydrates

Your body's primary and preferred source of quick energy.

Fat

Essential. Regulates hormones, helps absorb certain vitamins.

Calories. While it is made out to be a bad word, or something to fear, it simply means energy. It is a unit of measurement for energy. Calories are the energy/fuel you put into your body for it to use.

Protein Sources

- ☐ Chicken Breast
- ☐ Lean Ground Beef or Turkey
- ☐ Fish (salmon, tuna)
- ☐ Sirloin Steak
- ☐ Shrimp
- ☐ Eggs
- ☐ Tofu/Tempe
- ☐ Greek Yogurt/Cottage cheese
- ☐ Protein powder

☐ Fat Sources

- ☐ Olive oil/Other Oil
- ☐ Butter
- ☐ Avocado
- ☐ Nuts/Nut Butter

Carbohydrate Sources

- ☐ Rice
- ☐ Potatoes
- ☐ Oats
- ☐ Rice Cakes
- ☐ Fruit
- ☐ Beans/Legumes
- ☐ Pasta

☐ Vegetable Sources (also carbohydrates)

- ☐ Broccoli
- ☐ Asparagus
- ☐ Greens/Lettuce
- ☐ Zucchini
- ☐ Cucumber
- ☐ Green Beans
- ☐ Spinach

Macro Nutrient Calories:

Protein has 4 calories for every gram.

Carbohydrates have 4 calories per gram.

Fat has 9 calories per gram.

For example: 100 grams of chicken breast has approximately 120 calories, 100 grams of potatoes has 80 calories, and 100 grams of olive oil has 884 calories.

Fat is the most calorie dense to consume. Fat calories add up quickly! Macros are what people like bodybuilders can manipulate to get the body composition they want.
