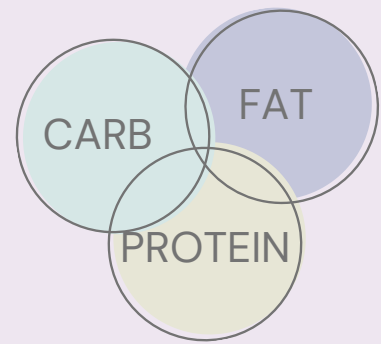


MACR TRACKING

MADE SIMPLE

WHAT ARE MACROS?

Let's start from the basics!



'Macro' is a shorten for macronutrient
aka the nutrients in the food that give us energy

Macros are split into three
main groups: protein, carbs
& fats

1g of protein contains 4 calories

1g of carbohydrate contains 4
calories

1g of fat contains 9 calories

4th macro?

Alcohol can be considered as a
macronutrient (obviously NOT a
necessary one) – 1g of alcohol
contains 7 calories

Are macros the same as
calories?

No. Macros build your daily
calorie intake.

TOTAL DAILY ENERGY EXPENDITURE

Simply explained

Without too much explanation, this is the simplest way to explain TDEE (Total Daily Energy Expenditure):
IT IS HOW MANY CALORIES YOU BURN PER DAY.

BMR

The amount of calories your body burns while at rest

Support and maintenance of your organs

Also known as Resting Metabolic Rate

Can be increased by increasing muscle mass

NEAT

The amount of calories you burn during usual daily activities (working, looking after your kids, grocery shopping etc)

Can be increased by being more active outside your exercise sessions

EAT

The amount of calories you burn while working out

Can be increased by exercising more

TEF

The amount of calories you burn while digesting food

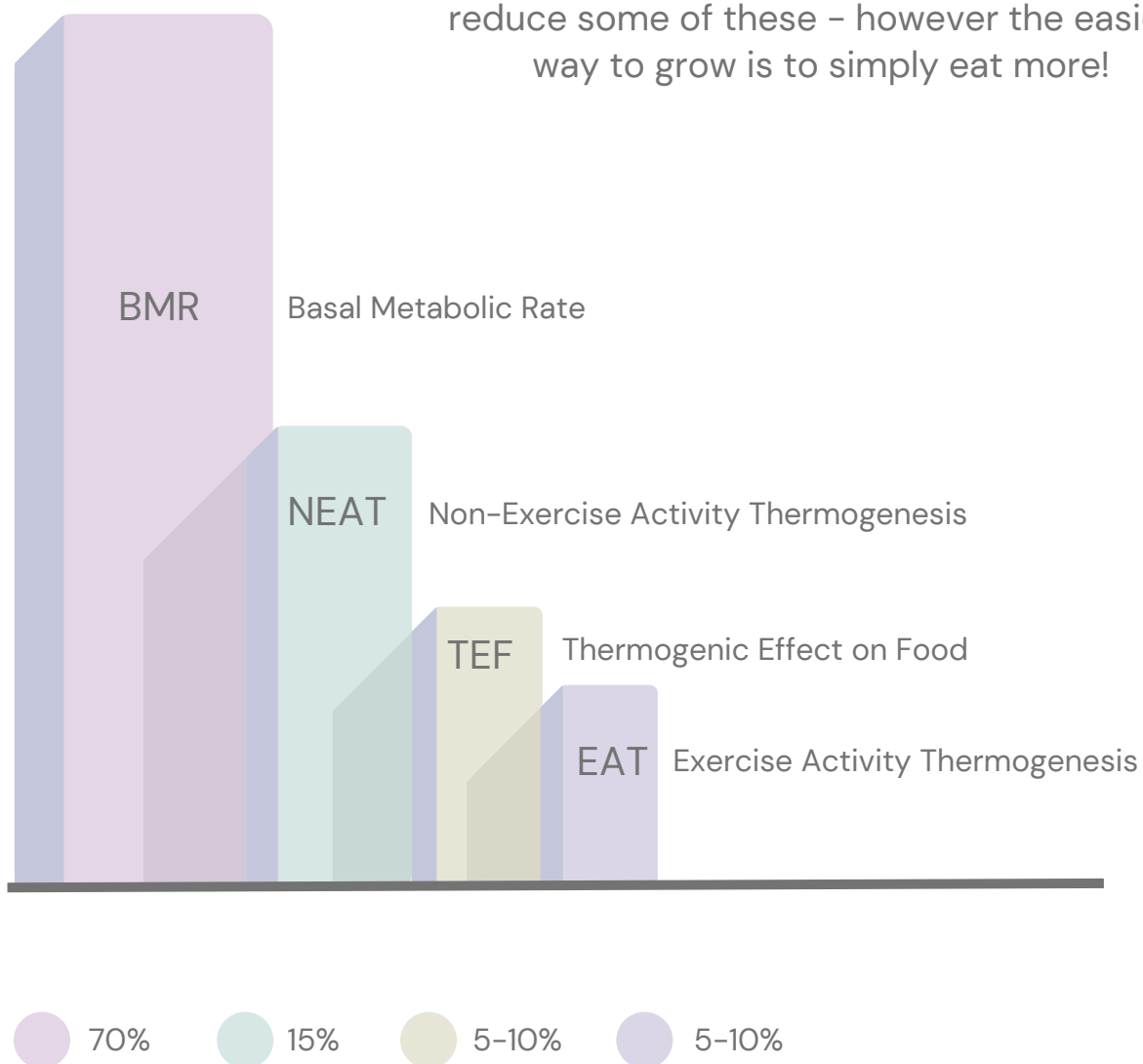
Can be increased by adjusting protein intake

As you can see, BMR is the largest portion of your daily energy expenditure.

If your goal is fat loss, it is beneficial to increase this part of your TDEE. You can increase it by having more muscle mass – as the more you have muscle, the harder your body has to work (aka burn calories) AT REST.

Of course, you may increase any of these areas as per examples above. All activities are a vital part of your daily life – and the more you increase any of these, the more you are going to be burning calories!

If your goal is not fat loss and you are wanting to put on size, yes, technically you could reduce some of these – however the easiest way to grow is to simply eat more!



WHY TRACK?

80/20 RULE

Tracking gives you food freedom while getting results. However, it's important to note that even though you could technically eat anything to reach your goal body composition, it is important to get enough nutrients. 80/20 rule stands for 80% nutrient-dense foods and 20% "treats / soul foods" – less nutritious foods that are important for adherence and lifelong results.

Reaching your goal while enjoying life

Restrictive meal plans are often not enjoyable

With tracking, you are able to reach your goal while eating ANYTHING you want, as long as you stick to your macros

Tracking is often known as "flexible dieting" or "if it fits your macros – IIFYM"

What to do with calories to hit your goal?

To lose fat, you need to be in calorie deficit

To gain fat, you need to be in calorie surplus

To maintain your fat percentage, you need to stay in maintenance calories

To gain muscle, you would preferable be in calories surplus to maintenance, however, you can gain muscle in calorie deficit too

HOW TO GET STARTED?

1. Find out your current maintenance calories

To find out your 'true' maintenance calories, you could track *honestly and accurately* for 7-14 days, and use the daily average as your maintenance calories

HOWEVER, if you have never tracked before, it may not be accurate, and you might as well save time using a generic calculator to guesstimate your current situation

To guesstimate your current maintenance calories, Google 'TDEE calculator' (choose any of the thousands of options)

TDEE stands for Total Daily Energy Expenditure

TDEE calculator usually asks for your age, weight, height, amount of exercise, adds NEAT (non exercise activity) and gives you an estimate of how many calories you are consuming /day to maintain where you are at currently

2. Depending on your goal, decrease or increase calories from the current maintenance

To lose fat, decrease the amount of calories

To gain fat, increase the amount of calories

To gain muscle, preferably increase the amount of calories or at least keep the same

3. Learn to track your food

Use a free app on your phone – the most popular one is MyFitnessPal

Give yourself a week to play around and learn exactly how it works

Weight all your food / read labels properly to get the exact amount (very important not to guess, especially if new to tracking, as it may throw your calories hundreds or even thousands under / over)

Tracking apps are not always 100% right. Use common sense. If you see a 'cheeseburger' option in your app for 20 calories, and most are 300 calories, don't cheat yourself choosing the 20cal option! When in doubt, google the average of the food you are having.

HOW MUCH TO DECREASE CALORIES TO LOSE FAT?

Deficit depends on the person and situation

The more you decrease your calories, the more aggressive the diet is. The less calories you consume, the faster you will lose fat. HOWEVER, aggressive approach is rarely sustainable long term. To avoid yo-yo dieting, it is highly recommended to keep the deficit small, and lose fat in a slower pace but in this way keeping it away long term

If you have never been in deficit before, a good rule of thumb is to start with around 20% deficit – but assessing the adherence and sustainability at least weekly

Adherence is the key to success. If you are not hitting your calorie goal, you may want to allow yourself have some more calories, and once this step is completed, decrease again

Fat loss takes time. Stay consistent and trust the process, regardless of how you might feel at the start.

HOW MUCH TO INCREASE CALORIES TO GAIN MUSCLE?

**Calorie increase depends
on the person and
situation – surprise!**

To gain muscle, you may not
HAVE to increase calories at all,
it is possible to gain muscle
even in deficit

HOWEVER, to build muscle, it is
much more beneficial to be in
surplus, or at least in
maintenance. If chasing muscle
with the least fat gain possible, it
is recommended to start with
only a slight surplus.

The more surplus the more fat
you will gain.

Gaining some fat while building
muscle is almost inevitable,
however it doesn't have to be a
lot if adding calories slowly.

If you have never tried a gaining
phase before, maybe try starting
with 10–20% surplus, and assess
weekly.

To gain muscle, calorie surplus is
not enough. You will also need to
weight train.

MACROS VS CALORIES

By now you know about calories, what about macros?

Once you have figured out / guesstimated your maintenance calories, and know your goal, it's time to break your calories down to macros

The following numbers are a generic rule of thumb, to get a personalised recommendation, talk to your nutritionist.

Macro breakdown in grams:

PROTEIN: $2 \times \text{bodyweight}^*$

FATS: $0.8 \times \text{bodyweight}^*$

CARBS: what ever keeps your adherent!**

*in kilograms

**Adherence is the key. Some suit a high carb approach (especially if training hard). some find it better having high fats and less carbs. Regardless of what you might read online, there is no one and only answer. The "right diet" for you is what you can see yourself following lifelong – not just a few weeks!

A LITTLE LOST WITH NUMBERS?

HERE'S AN EXAMPLE

Let's break down minimum protein & fats

Let's use a 30yo Susan as an example.

Susan weights 70kg and is 160cm tall. She wants to lose fat. She is sick of yo-yo dieting. She likes to enjoy an ice cream every now and then, and eat in restaurants on the weekends so she doesn't think an aggressive approach is a realistic option.

Based on a TDEE calculator, she would maintain the current situation at 2,150 calories. She decides to cut her calories 20% which allows her to have 1,720 calories / day.

Based on the numbers on the previous slide, she would need to have at least 140g of protein (2xBW) and 48g of fats (0.8xBW) / day.

How many calories is she going to have 'left over' for carbs (or any macronutrient she prefers)?

$140\text{g} \times 4\text{cal} = 560\text{ calories}$ ('spent' on protein)

$48\text{g} \times 9\text{cal} = 432\text{ calories}$ ('spent' on fat)

Total daily calories $1,720 - 560\text{cal} - 432\text{cal} = 728\text{ calories}$

If Susan chose to spend all left over calories in carbs (because they are YUM and give her a lot of energy) she would divide 728cal by 4calories, giving her 182g of carbs for each day!

IMPORTANT TO REMEMBER

Keep it simple

To reach your goal, you do NOT have to cut any macro or food group

There is no 100% "right" way to calculate macros. Even though TDEE calculators are great, it varies how each person responds to macros. Keep assessing macros weekly to make sure they are working for you.

Treat calories like money: as long as you hit your minimum protein & fat for the day, you can "save" calories for another day

Even though flexible dieting allows you to eat anything, common sense is important. For ex. choosing a filling chicken salad over a small chocolate bar might be a smarter option in deficit. Choosing the chocolate some days is absolutely fine too, but just remember your body and brain DESERVES nutrients, energy and staying satisfied.

"But calorie deficit/surplus doesn't work for me" is bulls***! If you are not losing fat, you are NOT in deficit. You may have to calculate your TDEE again (your maintenance might be lower than you think), or more likely, learn to track accurately. If you track/weight inaccurately you may be having hundreds or even thousands of calories over / under your goal.

Tracking doesn't have to be a chore! Shift your mindset to make it interesting. It's highly recommended to anyone to track at least once in their life to LEARN what is in the food you consume. You don't even have to have goal. There's simply nothing to lose by learning more about something you do every single day!

THE END

Hope you learnt something!

It's very hard to explain calories and macros while keeping it simple, but really hope you learnt at least one thing.

Any questions about this tracking, calories or macros, please feel free to reach out.

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