**Macronutrients**

Macronutrients are simply Fats, Carbohydrates, and Proteins which all provide energy to the body

Understanding how to calculate and build my Macronutrient intake has been very beneficial. However, I don’t go crazy trying to account for each and everything that goes in my body but I have a good idea. I have my plan and do my best at sticking to it. Carbohydrates store glycogen in the muscle and liver. Most people have 2000 - 3000 cal of glycogen stored for energy. Once the glycogen storage is depleted, the body slips into ketosis using fat as the primary source of fuel. Fasting for 24 hrs gets my body in ketosis.

I’ll skip meals if I’m busy rather than resorting to fast food and convenience which usually means bad oils and hidden salts.

Let’s go back to my Dexa scan from 5/17/21. The FFM (Fat Free Mass) was found to be 137.2 lbs. That’s simply the amount of mass excluding fat. Muscle, Bone, Organs, and other non-lipid tissue.

To find my Resting Metabolic Rate (RMR) I use an equation that is much more accurate but if you’re looking for a ballpark figure try this. At the time of the scan, my total weight was 176 lbs. I simply multiply that number times 10. 176 x 10 = 1,760 cal/per day. It will usually get me within 300 cal. Let’s put it in the equation ….

(FFM / 2.2) x 1.3 x 24 = RMR = Resting Metabolic Rate

FFM = 137.2

RMR = 1946 cal/per day

The RMR tells me the number of calories I burn per day just existing!

Now I have to account for the exercise and movement throughout the day. The recommendations are 1.25 for no exercise, 1.35 for 2-3 days a week, and 1.45 for 4-6 days a week. The apple watches and fitbit devices can pin the number down much closer but I don’t like something on my wrist all day.

I will take the very active number of 1.45 and multiply it with the RMR of 1946 which gave me 2821 cal. This number is the TTE of the total energy expended per day.

TTE = 2821 cal

If my goal is gaining weight, including muscle, I should be at a surplus of 2821 cal. If my goal is losing fat, my caloric intake needs to be at a deficit.

When losing weight 1 lbs = 3500 cal. When gaining weight 1 lbs = 2500 cal. (That being said, on a 5 day fast, my Dexa scan showed a 2.5 lbs loss of fat on the 2/14/22 results. However, I did no exercise during the fast.)

Say I am happy with my body and just want to maintain it. I need 2821 cal to sustain. Now we decide how to break these calories down which is the most important for my health. Every time I incorporate processed sweets along with my normal nutrition plan, my body becomes tired easily, I lack energy in the gym, and the fat starts to add up like the scans show. All Fats are different. That’s why I cook with Avocado and Extra Virgin Olive Oil as well as butter from grassfed cows. The body needs amino acids which are derived from protein. I choose complete natural sources of protein, grass fed beef, pasture raised eggs, chicken with no antibiotics. My only intake of carbohydrates comes from fruit and vegetables. Every 3rd month I will incorporate a sweet potato or white rice for lunch. Different carbs have different effects on blood sugar spike.

1g Fat = 9 cal

1g Carb = 4 cal

1g Protein = 4 cal

I start by taking Dr. Harris' recommended 30% of the total intake protein.

2821 cal x .3 = 846.3 kcal now divide that by 4 cal. That will give us the recommended amount of 212g of Protein per day.

I devote 15% of the total calories to carbohydrates, fruit and vegetables. So around 100g or so of Carbs per day.

Now the remaining is devoted to Fat intake, 1,551 cal. The reason healthy fats are so important is they act as a transport system for hormones. Again, cooking with avocado oil and extra virgin olive oil are your best bets.

1,551 cal / 9 leaves us with 172g of Fat

My daily plan is to maintain my body would be something like

2821 cal made up of

172g Fat

100g Carb

212g Protein

**AS I STATED BEFORE, CALCULATING MACRONUTRIENTS CAN BE BENEFICIAL BUT I DON’T GO CRAZY WITH IT ANYMORE. IT IS MUCH MORE IMPORTANT THAT I GIVE MY BODY HEALTHY FOOD AND FEEL GOOD RATHER THAN REACH MY MACRONUTRIENT GOAL.**

**I DON’T FORGET THE MICRONUTRIENTS EITHER! I DO THIS BY SUPPLEMENTATION AND HEALTHY FOOD.**