

Tracking Macronutrients Workshop

By: Rheem Fawaz

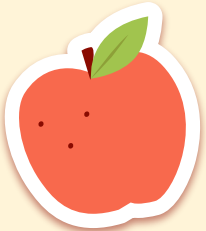
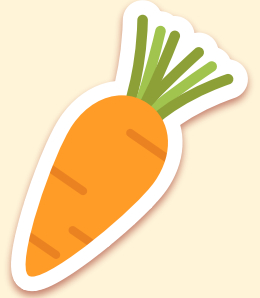




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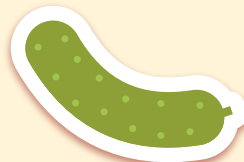
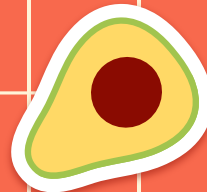
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**Social
Stigma**



01


Different Food Groups








Recap: Different Macronutrients

- **Fats - Quality over quantity**
 - Unsaturated is better - fish, nuts, avocado, oils
 - Saturated or Trans fats - fried foods
- **Carbs - Sugar/starch. Aim to eat nutrient dense carbohydrates, ones with high fiber (fruits, vegetables, whole grains, legumes)**
- **Protein - Aim to eat lean sources**
 - Chicken, fish, turkey rather than red meat
- **Fiber - 14 grams per 1000 calories**

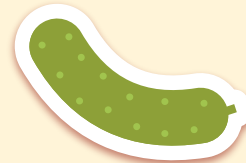
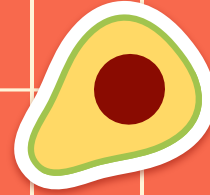


Carbs	Protein		Fats
	Egg Whites		
Fruit	Skim milk	Protein powder	Cheese
Potatoes	Beans	Chicken breast	Whole eggs
Pasta	Quinoa	Tuna	Salmon
Bread	Lentils	Tofu	Chicken thighs
Oats	Peas	0% Greek yogurt	Bacon
Rice	Flavoured yogurts	Shrimp	Chia seeds
Crumpets		Turkey breast	
Cereals			



02

Portion Sizes





Estimating Portion Sizes



Palm of Hand - 3 oz



Tip of Thumb - 1 tbsp



Thumbnail - 1 tsp



Fist - 1 cup



Cupped Hand - ½ cup



Other At Home Ways of Measuring:

There are many other resources you can use to measure aside from your hand or an actual measuring cup.



A deck of cards =
3 oz serving of protein



A softball = 2 cups



A baseball = 1 cup



A tennis ball =
1/2 cup



A golf ball =
2 tablespoons





Food Scales



Walgreens - \$7.49

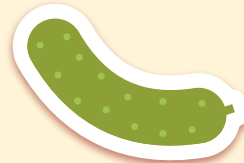
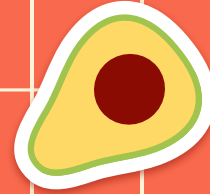


Amazon - \$9.99



03

Logging Macros





How many calories/macros should I eat?

Google “Macronutrient calculator”

Calculator.netFINANCIALFITNESS & HEALTH

home / fitness & health / macro calculator

Print

Macro Calculator

This calculator can provide a range of suggested values for a person's macronutrient and Calorie needs under normal conditions.

▼ Modify the values and click the Calculate button to use

US Units	Metric Units	Other Units
Age	25	ages 18 - 80
Gender	<input checked="" type="radio"/> male <input type="radio"/> female	
Height	5 feet 10 inches	
Weight	165	pounds
Activity	Moderate: exercise 4-5 times/week	
Your Goal	Weight loss of 1 lb (0.5 kg) per week	

[+ Settings](#)

Calculate

Clear

- **Exercise:** 15-30 minutes of elevated heart rate activity.
- **Intense exercise:** 45-120 minutes of elevated heart rate activity.
- **Very intense exercise:** 2+ hours of elevated heart rate activity.

Calculator.netFINANCIALFITNESS & HEALTH

home / fitness & health / macro calculator

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Macro Calculator

This calculator can provide a range of suggested values for a person's macronutrient and Calorie needs under normal conditions.

Result

The results below are the suggested amounts of macronutrients and food energy (Calories) you need to consume daily to lose 1 lb per week. Each macronutrient amount is represented as a range of values. Please click whichever tab best suits your needs, or create your own plan.

Balanced

Low Fat

Low Carb

High Protein

Create Your Own

Protein	125 grams/day Range: 75 - 175
Carbs <small>Includes Sugar</small>	273 grams/day Range: 219 - 355
Fat <small>Includes Saturated Fat</small>	58 grams/day Range: 47 - 81
Sugar	<55 grams/day
Saturated Fat	<23 grams/day
Food Energy	2,049 Calories/day or 8,579 kJ/day

The results above are a guideline for more typical situations. Please consult with a doctor for your macronutrient needs if you are an athlete, training for a specific purpose, or on special diet due to a disease, pregnancy, or other conditions. The protein range is calculated based on the guidelines set by the American Dietetic Association (ADA), The Centers for Disease Control and Prevention (CDC), and the World Health Organization. The carbohydrate range is based on the guidelines and joint



Tracking Macronutrients: Food Diary

Paper Food Diary

My Food and Beverage Diary Date:

Monday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Tuesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Wednesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Thursday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Friday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Saturday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Sunday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Notes:

Learn more at https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html

CDC
DETERMINED • COMMITTED • CAPABLE

Monday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

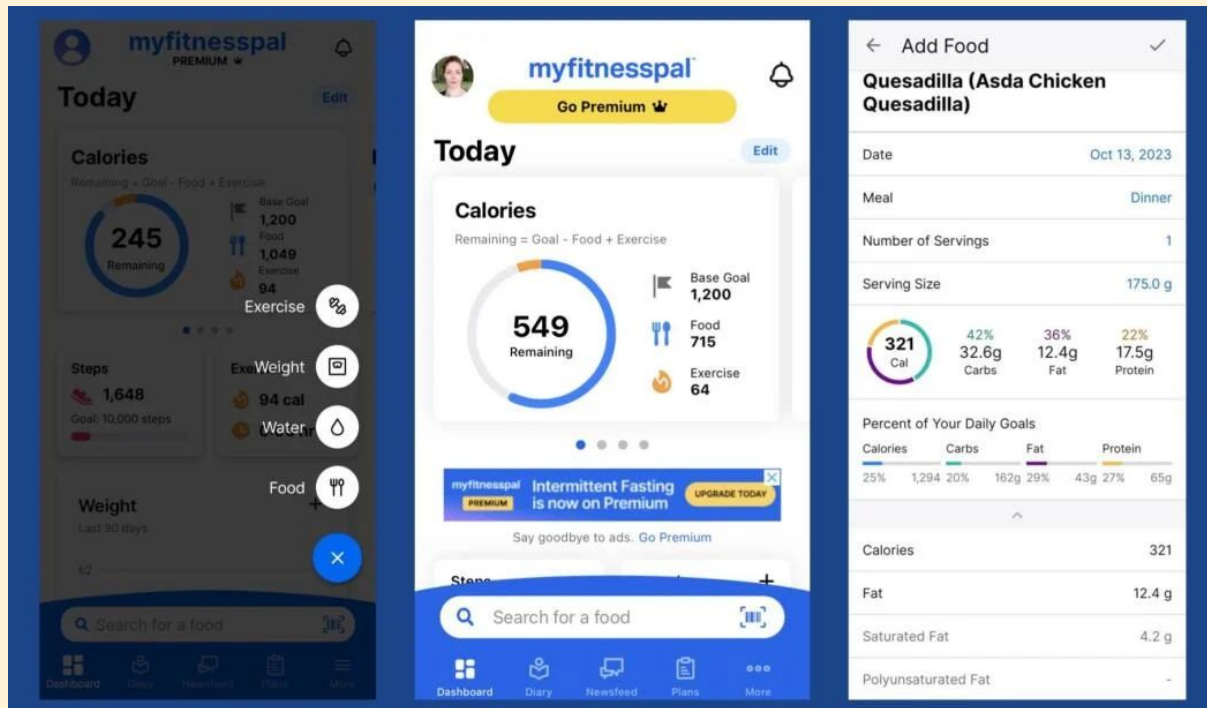




Tracking Macronutrients: Apps

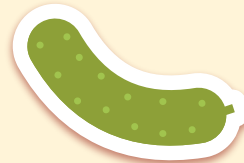
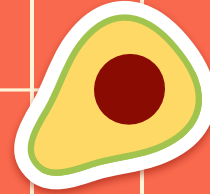


My Fitness Pal: Free Calorie App Tracker



04

Social Stigma





Effects of Stigma

- **42% of U.S. adults experience weight stigma**
 - Perception of motivating but actually false
- **Harmful Stereotypes from “personal control”**
 - Lack discipline, weak-willed, non-compliant with diets
- **Stigma results in a decrease in health-seeking behaviors**
 - Disordered eating, avoiding exercise, higher cortisol





Stigma in Healthcare

- **Can avoid seeking further treatment if experienced in a healthcare setting**
 - **Example: Report all health problems to excess weight/make assumptions on health behaviors**
 - **Less trust in provider**
 - **“Doctor Shopping”**
- **Mental Health Care settings under diagnose restrictive eating disorders**
- **Face difficulties with insurance**



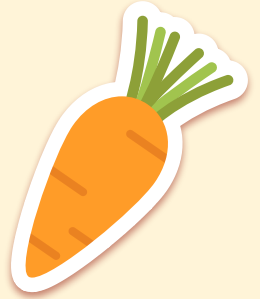


Disrupting Stigma

- **Structural sizeism**
 - Only Michigan, Washington, and a handful of cities ban weight based discrimination in the workplace
 - Overweight individuals are less likely to be hired/promoted
 - Rare to have weight based language in anti-bullying policies in school
- **How to shift attitudes?**
 - **Structural Level**
 - **Self assessments on weight stigma**
 - Interventions should focus on health as primary motivator/desired outcome rather than ideal weight
 - Patients engaging with supportive conversations with clinicians are motivated to comply with recommendations
 - Acknowledging complex factors that go into obesity



Thank you!





RESOURCES

- <https://www.calculator.net/macro-calculator.html>
 - https://www.cdc.gov/healthyweight/pdf/food_diary_cdc.pdf
 - <https://www.siue.edu/campus-recreation/facilities/EstimatingPortionSizesUsingYourHands.pdf>
 - <https://www.apa.org/monitor/2022/03/news-weight-stigma#:~:text=More%20than%2040%25%20of%20U.S.,International%20Journal%20of%20Obesity%2C%20Vol.>
 - <https://www.obesitycompetencies.gwu.edu/article/388>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2866597/pdf/1019.pdf>
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