



BEGINNERS GUIDE

INTRO TO MACROS

www.timeforhealth.ca

**ALL YOU EVER WANTED TO KNOW ABOUT
TRACKING MACROS**

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CALORIES VS MACROS

Calories are a unit of energy. We require energy to live and the foods we consume provide us with this energy. Calories have been pre-determined for the foods we eat and are found on nutrition labels or in your national database.

Calorie counting is tracking the total number of calories you are eating in a day often to achieve weight loss. If you eat more than your body needs you will gain weight, if you eat less calories than your body needs you will lose weight and eat at maintenance you will maintain your weight. This is where the concept of calories in vs calories out comes from.

The problem when you only track calories is that you may not be eating a macro balanced diet since you are not tracking carbohydrates, fats and protein. This can lead to under eating of one or more of the macro-nutrients. You may experience more fatigue, muscle loss, energy dips and hormone problems when you don't pay attention to eating a balanced diet. You may be losing weight but not losing fat by only tracking calories. Your body composition will look very different if you only focus on calories.



WHAT IS MACRO TRACKING?

Macro tracking is a form tracking the amount of each macro-nutrient you are eating. It is an amazing tool that empowers you to increase your knowledge on nutrition so you can finally break free from fad or yo yo dieting and learn how to get to your physique or health goals. It provides the opportunity to become more conscious of food choices and learn the basics of portion sizes, By becoming more deliberate with your eating you can lose fat, learn to eat more balanced while maintaining or or build muscle as long as you track responsibly.

Macro tracking is a great stepping stone to becoming more intuitive with your eating without having to hop back on to the diet train every 6 months. Once you get the results you want you can responsibly switch over to eating without tracking.

I always recommend a flexible approach to tracking macros by using an 80/20 guideline. This is a mix of 80% whole foods and 20% fun foods.

Here's the confusing thing! There are a lot of foods that consist of multiple macro-nutrients!



MACROS VS CALORIES

What are Macros?

There are 3 main macro-nutrients:

- Carbohydrates (Carbs)
- Proteins
- Fats

Macro-nutrients are the nutrients we need in large amounts. Alcohol is the 4th macro-nutrient but won't be discussed in this guide.

Carbohydrates, Protein and Fat have different amounts of calories per gram.

How do they add up?

- Carbs have 4 calories per 1 gram
- Fat has 9 calories per 1 gram
- Protein has 4 calories per 1 gram

Every person needs a different breakdown of macro nutrients based on their height, dieting history, weight, activity levels and of course their preferences. Once calorie needs are determined, macro targets can be figured out based on the percentages below.

Protein: 20-35%
Fat: 20-35%
Carbohydrates: 30-50%

Percentages are a breakdown of overall calories needed for a specific goal and is dependent on past dieting history.

CARBOHYDRATES

Carbohydrates provide quick energy and help optimize your health and improve performance. Carbs are the main energy source for your body. There are two different types of carbs and they are simple and complex.

Simple carbs are absorbed quickly and easily absorbed by the body. They provide short term energy and a common simple carbohydrate example is sugar. The best timing for simple carbs are post workout to replenish the body.

Complex carbohydrates are slower digesting carbohydrates and they can help with controlling energy levels and provide micro-nutrients and fiber. Fiber is important and diets lacking in carbohydrates are often lacking in fiber which aids in digestion.

Foods like whole grain bread, oats and vegetables are all examples of carbohydrates.

Carbohydrates have 4 calories per 1 gram

FATS

Fats play a vital role in the body and are great assisting in absorbing fat soluble vitamins and for hormonal health. They also help you store energy.

There are four different types of Fats.

- Saturated Fats
- Monounsaturated Fats
- Polyunsaturated Fats
- Trans Fats

Saturated fats can raise cholesterol.
Examples are butter, animal fat and creamer.

Monounsaturated fats can help promote a healthy heart.
An example is olive oil.

Trans fats are ones that should usually be avoided. The FDA has eliminated these from most foods.

Polyunsaturated fats are ones that can help lower cholesterol.
An example is salmon.

Fats have 9 calories per 1 gram

PROTEIN

Protein is probably one of the most under eaten macro-nutrients because it's not as readily available like fats and carbs. Protein aids with building and repairing tissues but is also great for immunity.

Protein is important because it helps protect your lean body mass especially during weight loss. This means you can maintain more muscle when trying to lose weight when you eat enough protein for your body. Protein also helps boost your immunity which can help you from getting sick. As we age, we lose muscle mass which is why it is important to make sure you are getting in enough protein.

If you don't eat enough protein your body will breakdown your muscle to get enough. It also helps with satiety which is keeping you full and satisfied longer.

Protein takes more energy to digest. You burn more calories when eating protein over any other macro-nutrient. Examples of protein rich foods are meats, tofu, protein powder and egg whites.

Protein has 4 calories per 1 gram

HOW TO READ A NUTRITION LABEL

It is important to understand what macro-nutrient(s) are in the food you eat and the serving sizes based on nutrition labels. Below is a breakdown of the label above.

Nutrition Facts	
2 servings per container	
Serving size	1 (32g)
Amount Per Serving	
Calories	140
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 3.1g	16%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber < 1g	2%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 1g	2%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

The number of servings sizes per container: 2 per container,
Total Fat: 6 g fat,
Total Carbs: 20 g carbohydrates
Total Protein: 1 g protein.
Serving size: 32 grams
Total Calories. 140 total calories,

How do the macros add up?

Fat = 6 g x 9 cal = 54 calories
Protein = 1 g x 4 cal = 4 calories
Carbohydrates = 20 g x 4 cal = 80 calories

Total Calories: 54 + 4 + 80 = 140 calories (rounded)

FLEXIBLE DIETING

The most common question when it comes to tracking your macros is "What should I eat?" I always ask well what do you want to eat or what do you like?

Flexible dieting is a term used so you can be flexible when tracking macros.

The great thing about tracking macros and flexible dieting is that there isn't any food that you can't have. Guidelines are 80% Whole Foods and 20% fun foods.

What does the 80/20 look like?

Egg white omelete with spinach and mushrooms.

Whole wheat toast with peanut butter Coffee with cream and stevia

Turkey Sandwich with light mayo, avocado and favorite fixings. Side salad with low fat dressing

Snack Fun size candy bar. Cottage cheese with strawberries

2 slices of Pizza and Broccoli

When working on fat loss, the more whole foods you eat the more you will benefit. Focusing on a 90% to 10% ratio during the week with and 80/20 on the weekend will ultimately give you better results.

MACRO CONSISTENCY CHECKLIST

- Use a good scale to weigh foods instead of using measuring ups.
- Get your personalized macros from a qualified coach. Work with them to fit your goals around your lifestyle like having higher macros on the weekends.
- Enter your target macros into MFP. In the free version you can get as close as possible by using the percentages
- Plan ahead and set up a few sample days in MFP that hit your target macros within +/-5 as a starter guide (if you are on the 21 day challenge you will not have to worry about macros only calories).
- Pick 1-2 days to do meal prep. Prepare a protein and carbohydrate. Anything that will be used beyond 3-5 days can be frozen to keep fresh.
- Save your favorite balanced GO TO meals in MyFitnessPaul and rotate between these options and hit macros by adjusting the serving sizes.
- Try 1-2 days with flexible carbs and fats day while keeping protein the same. If you like it consider doing it few days a week.
- Plan the day in advance either the night before or day of. If you love a nightly snack put this in first and fill in the rest of the meals around it.

MACRONUTRIENT LIST



PROTEIN LIST

EXTRA LEAN PROTEIN

- Egg Whites
- Chicken Breast (skinless)
- Collagen
- Cottage Cheese (non fat)
- Cheese (non fat)
- Crab
- Ground Beef - Extra Lean
- Deli - Beef/Ham/Turkey
- Lobster
- Milk
- Tofu
- Pork tenderloin
- Pork chop
- Protein Powder
- Scallops
- Shrimp/Prawns
- Tuna (canned in water)
- Turkey - Lean Ground
- Turkey Breast (skinless)
- Venison
- White Fish
- Yogurt (Greek- non fat)

MODERATELY LEAN PROTEIN

- Whole Eggs
- Beef Brisket (trimmed)
- Beef Stew (steamed)
- Beef Jerky
- Bison
- Cheese
- Chicken breast (with skin)
- Chicken Thighs
- Ground Beef Patties
- Ground Beef - Lean
- Ham (lean slices)
- Lamb Chop or Leg
- Pork Sirloin
- Turkey breast
- Turkey Bacon
- Turkey legs (skinless)
- Salmon (skinless)
- White fish & Ahi tuna
- Steak cuts (Flank)
- Yogurt - Full Fat

HIGHER FAT PROTEIN

- Bacon
- Beef Ribs
- Canned Fish in Oil
- Chicken wings
- Ground Beef 85% or less
- Lamb Ribs, Roast, & Shank
- Beef Roast
- Hot Dogs
- Pork Shoulder
- Pork Ribs or Belly
- Salmon Fillet w/Skin
- Steak (Ribeye, T-bone, porterhouse, round, NY, Top Sirloin, Filet)

VEGAN PROTEIN

- Amaranth
- Beans (Blk, Navy, Kidney)
- Buckwheat
- Chia & Hemp Seeds
- Ezekiel Bread
- Hummus
- Quinoa
- Peanut Butter
- Protein Powder (Pea)
- Rice
- Spirulina
- Tofu

MACRONUTRIENT LIST

CARBOHYDRATES

STARCHY CARBS

- Applesauce
- Baked Potato & Baby Potato
- Barley
- Bread (Brown or Quinoa)
- Cereal
- Corn
- Cream of Wheat
- Fat Free Granola Bar
- Oatmeal
- Pasta
- Peas
- Pretzels
- Quinoa
- Rice Crackers
- Rice, (Basmati, Jasmine, Brown)
- Spelt
- Squash
- Sweet Potato
- Sweet Potato (fries or baked)
- Turnips
- Whole Wheat Bread, Pita or Wrap

CARBOHYDRATES

- Asparagus
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Kale
- Lettuce
- Mushrooms
- Peas
- Peppers
- Pickles
- Pumpkin
- Spinach
- Squash
- Tomatoes
- Turnips
- Zucchini

CARBS (Fruit)

- Apple
- Apricot
- Asparagus
- Banana
- Beans (all)
- Blueberries
- Blackberries
- Cantelope
- Cherries
- Grapefruit
- Grapes
- Mango
- Melons
- Oranges
- Peach
- Pear
- Pinnapple
- Plum
- Pomegranete
- Raspberries
- Strawberries

MACRONUTRIENT LIST

FATS, BEVERAGES & CONDIMENTS

FATS

- Almonds
- Almond Flour
- Avocado
- Avocado Oil
- Brazil Nuts
- Bone marrow
- Butter/Ghee
- Coconut Milk
- Coconut Oil
- Flaxseed
- Fish Oil
- Hemp Hearts
- Nut Butters
- olives
- Olive Oil
- Salad Dressings
- Sesame Oil
- Walnuts

CONDIMENTS

- Apple Cider Vinegar
- Coconut Aminos
- Fish Sauce
- Horseradish
- Hot Sauce
- Lemon & Lime Juice
- Mustard
- NF Sour Cream
- Salsa
- Sauerkraut
- Sugar Free BBQ Sauce
- Sugar Free Ketchup
- Yogurt Dressings

BEVERAGES

- Almond Milk
- Cashew Milk
- Chicken Borth
- Chicken Broth
- Coffee
- Flavoured Water
- Hot Tea
- Iced Tea
- Kill Cliff/FitAid
- Zeviai

ALCOHOL

- White Wine 5fl oz
120 Calories log as 30C or 13F
- Sparking Wine 5oz
110 Calories log as 28C or 12F
- Regular Beer 12 fl oz
154 Calories log as 39C or 17F
- Red Wine 5fl oz
125 Calories log as 31C or 14F
- Hard Liquor 1.5 fl oz
96 Calories log as 24C or 11F
- Light Beer 12fl oz
95 Calories log as 24C or 11F

ABOUT ME

Hello, I am Lexi Wright the owner of Time for Health. I grew up on a dairy farm in Alberta, Canada and in my early teens became invested in my health and wellness. Struggling with my weight as a kid working out became a priority early in life. My transition to a lot of days traveling in my early 30's as an editor for our family dairy cow publication, Cowsmopolitan provided it's challenges with too much fast food and unhealthy food choices. The introduction of more bread and pastas into my diet during this time lead me to quickly learn I had some serious food allergies especially to wheat.

Through the advice of naturopathic doctors, food sensitivity tests and the help of my Nutrition coach, I was able to identify some of the best ways to eat clean and healthy and manage my macro-nutrients while putting my allergies at bay. These experiences lead me to the weight loss I wanted and experimenting with food and cooking meals that still taste good!



Now as a Level 1 Nutrition Coach with Mindset, Women's Hormones and Gut Health Certifications through the Nutritional Coaching Institute (NCI-Jason Phillips) I am able to bring you support through this page on health, wellness and fitness tips and nutrition coaching. My goal for you is to lose weight in a healthy sustainable way without complicated or fad diets or insane workouts. To learn more about one on one coaching feel free to reach out to



Lexi Wright

To learn more about one on one coaching feel free to reach out to me at timeforhealth19@gmail.com