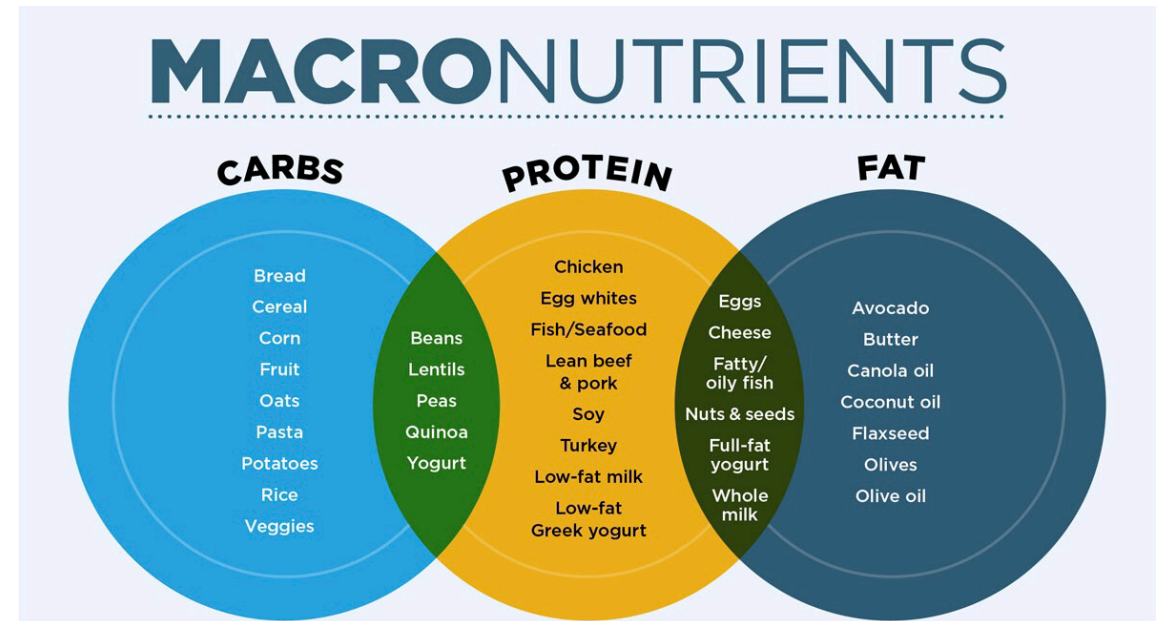


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@fitforlife_fitness

MACROS & CALORIE COUNTING

MACRONUTRIENTS OR “MACROS”

- 3 groups of nutrients your body needs to function
- Protein, Carbohydrates, Fats
- The amount of macros needed depends on each individual and their goals



PROTEIN

- 4 calories per gram
- Digested into amino acids into your body and we have nine essential amino acids which we get from food
- Has many functions such as maintains pH balance, providing structure to cell membranes and **build/repair muscle tissues**
- Recommended intake 1.6g- 2.2g per kg of bodyweight
- Minimum 20-25g of protein per meal for muscle protein synthesis



PROTEIN FOOD SOURCES

- Whey or plant protein
- Chicken breast
- Lean beef or turkey mince
- Steak
- Salmon
- Tuna
- Egg whites
- Tofu
- Lentils
- Milk

CARBOHYDRATES

- 4 calories per gram
- Stored as glycogen in your muscles & liver and broken down into glucose in your body
- Helps with digestion and **provides energy**
- It is the main source of fuel for the brain and central nervous system
- 45-65% of your daily intake
- 3-7g per kg of body weight (resistance training)



CARBOHYDRATE FOOD SOURCES

- Bread
- Pasta
- Rice
- Potatoes
- Quinoa
- Fruits
- Vegetables
- Beans



FATS

- 9 calories per gram
- Stored as fatty acids
- Functions include transporting nutrients in your body, absorbing vitamins & minerals and protecting cell membranes & organs
- 20-35% of your daily intake



FATS FOOD SOURCES

- Oils
- Nuts
- Avocado
- Butter
- Dark chocolate
- Chia seeds
- Flaxseed
- Cheese
- Whole eggs



WATER

- 60% of the human body is water
- Helps with dehydration, physical activity performance, bowel movements and brain functioning
- Males- 10 cups; Females- 8 cups
- 1 cup = 250ml

CALORIE COUNTING

- <https://www.fitforlifefitness.com.au/simple-macro-calculator>
- It's a method of tracking how much food you are consuming on a daily basis
- Calorie tracking apps: MyFitnesspal, Calorie Counter, Easy Diet Diary
- To **maintain** weight, calories consumed must **match** calories burned
- To **lose** weight, calories consumed must be **less** than calories burned
- To **gain** weight, calories consumed must be **more** than calories burned

FIT FOR LIFE MACRO CALCULATOR

Counting your macronutrients is hard enough - but our very own Fit For Life Macronutrient calculator is here to help

Don't let the complexity of finding your ideal macros stop you, input your weight, height, age, and a few other variables and we'll crunch the numbers for you and INSTANTLY send you in the right direction.

Get started below and input your weight, height, age, gender, activity level and weight goal and we'll instantly deliver you with your tailored macronutrient and calorie requirements to help you smash that goal no matter whether you're looking to drop 2kg or build muscle and add it on, we've got you covered.

NUTRITION LABELS

- In Australia, energy is in kilojoules
- To convert to calories, we divide it by 4.2, ie. 432kJ is 103kcal
- Values on the labels are based of men & women of average height with low to moderate activity levels
- *“But just because a product can make a nutrition claim doesn’t mean it is healthy.”*

Nutrition Information		
Servings per package – 16		
Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		
Ingredients ▲ Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.		

Total Fat ▶
Generally choose foods with less than **10g per 100g**.
For milk, yogurt and icecream, choose less than **2g per 100g**.
For cheese, choose less than **15g per 100g**.

Saturated Fat ▶
Aim for the lowest, per 100g.
Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre ▶
Not all labels include fibre.
Choose breads and cereals with **3g or more per serve**

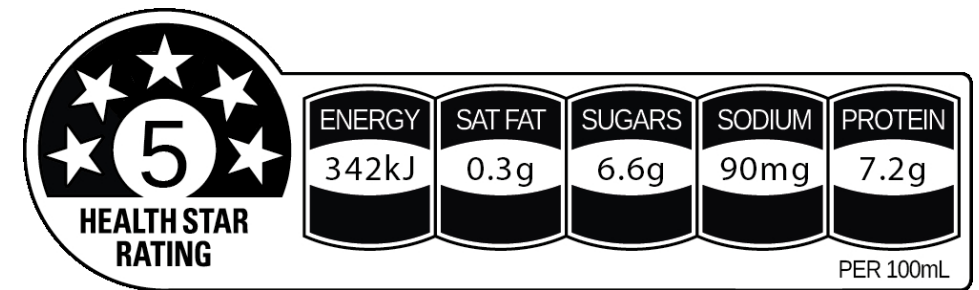
◀ 100g Column and Serving Size
If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.
Energy
Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.


Sugars
Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.
Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

◀ Sodium (Salt)
Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**
Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

HEALTH STAR RATING

- Food products are rated from 0.5 to 5 stars based on the risk of obesity and chronic diseases
- The higher the rating, the better the product for your health
- Also note, products are compared to other products in their own category, ie. Comparing cereals with another cereal, not with chips or chocolates





“DIETING” & RESULTS

- There are no good or bad foods. There are foods higher or lower in calories & higher or lower in nutrients
- There's no perfect macro nutrient split. It varies on the individual's needs
- But in saying that, when tracking your calories & macros, ensure there's consistency with the set amount of calories and protein
- Key to getting results?
- Consistency and adherence



TAKE HOME NOTES

- Use the calorie tracker formula provided to set your calories & macros in relation to your goals
- Buy yourself a food scale to weigh your food
- **Note: Measure your food raw on the scales before cooking**
- Use an app to track your intake
- Remember, the measurements does not have to be exact! You can have 5g leeway

REFERENCES

- <https://www.fitforlifefitness.com.au/simple-macro-calculator>
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- <https://www.healthline.com/nutrition/what-are-macronutrients#functions>
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