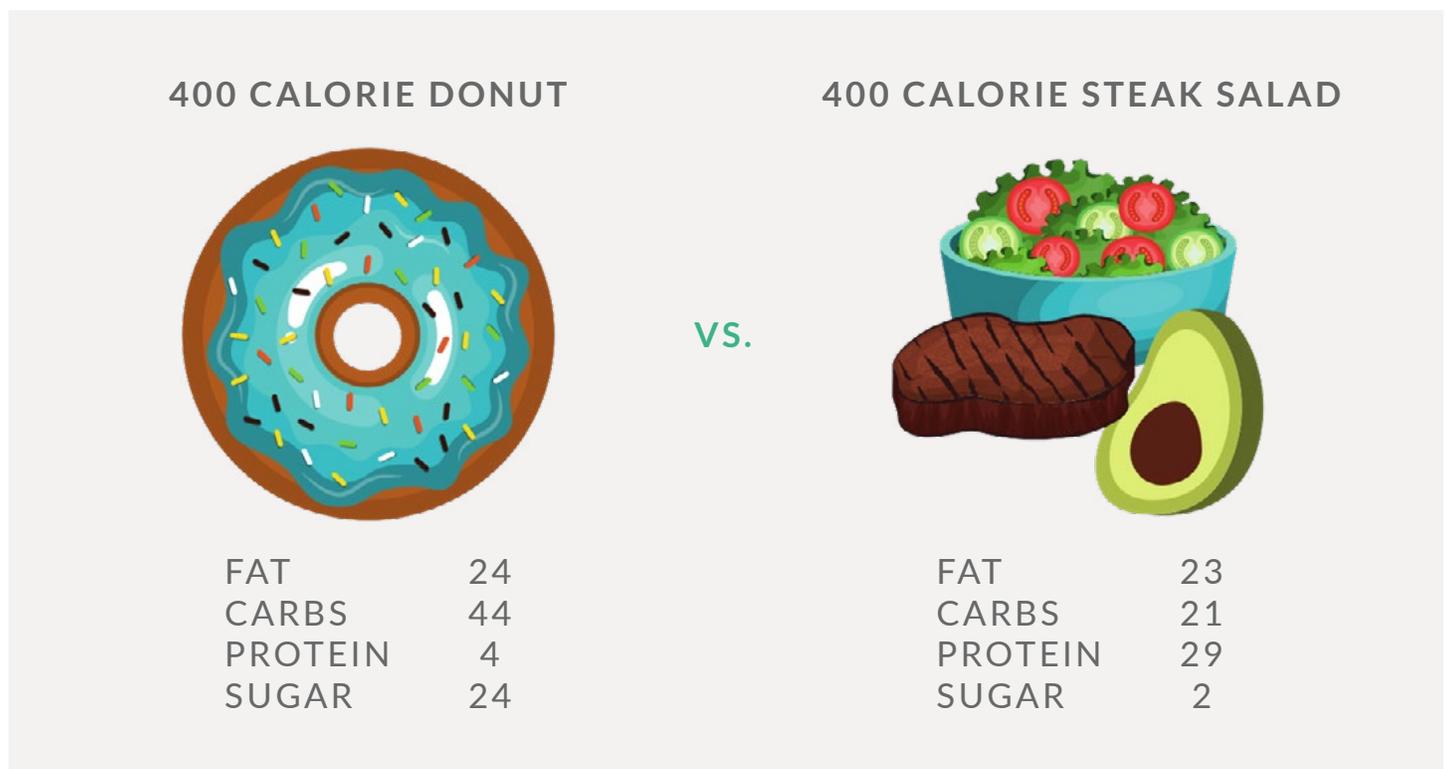




WHAT ARE MACROS?

“Macros” are the macronutrients (protein, carbs, and fat) that make up our food and where our dietary calories (energy) come from. A macro-based approach goes one step further than calorie counting. Instead of counting calories, you track the macronutrients (grams of protein, carbs, and fat) that you consume within your calorie goals and ratios.

Counting macros can help you make better and more balanced food choices. For example, instead of eating a 400-calorie sprinkle donut, a more balanced meal (macro-wise) might be a steak salad with avocado. Protein, carbs, fat, and fiber combine to satisfy both your taste buds and hunger, so you’re not on a blood sugar roller coaster and craving something else to eat just a short while later.



There are 3 macronutrients (protein, carbohydrates, and fat) and each one serves a different and important role in your body.



WHAT ARE MACROS?

PROTEIN

Protein is essential for building muscle and repairing damage throughout the body. It is made up of building blocks called amino acids. Some amino acids can be produced in the body and some need to be eaten in food. Your protein intake should depend on your weight and activity. And while getting in enough protein is important—more is not always better. Too much protein, and not enough carbs and fats, can result in the body relying on protein for energy instead of using it for gaining and repair muscle. Knowing your protein needs is key for reaching your weight and activity goals.

CARBOHYDRATES

Simply put, carbohydrates provide energy. Quick energy carbs come from fruit, candy, sports drinks, and processed starches, like white bread and crackers. They should be eaten around a workout so your body uses the energy that they give. When you eat simple carbs and do not use the energy they provide, the excess energy can be stored as fat. Slowly digested, or complex carbs, have more fiber, which prolongs their release of energy, keep you full longer, and helps to keep digestion regular. Some examples of complex carbs are oats, sweet potatoes, brown rice, and quinoa.

FATS

Fat doesn't make you fat - please do not fear it! The types of fats that we eat are important. Fats from plant sources like nuts, chia seeds, and avocados are excellent sources. Fats from animal sources, like meat, fish, high-quality dairy, and eggs, have their place in a healthy diet, too. When you eat fat is also important. You should try to consume fats in each meal since they will help to keep you satisfied. Fat shouldn't be eaten right before or during workouts since your body requires quick energy during those times.



ABOUT TINA

I'm Tina Hauptert, a Certified Nutrition Coach, macro guru, and founder of Carrots 'N' Cake. I've spent nearly 12 years in the online health industry and coached hundreds of women improve their relationship with food by utilizing a macro-based approach while simultaneously achieving their body composition goals. Life is all about having your carrots and cake, too!

Certifications & Experience:

Precision Nutrition Level 1
Certificate in Exercise
Nutrition

SCW Nutrition, Hormones,
& Metabolism Certification

Nutritional Coaching
Institute Hormone
Specialist Certification

Level 1 CrossFit Trainer
Certification

Nutritional Coaching
Institute Gut
Health Master Class

NASM Personal Trainer
Certification

All information and resources found in this document and on CarrotsNCake.com are based on the opinions of the author (unless otherwise noted). All information is intended to motivate clients to make their own health, nutrition, and fitness decisions after consulting with their health care provider. The nutrition information and meal plans are not medically-prescribed diets. I encourage you to consult a doctor before making any health or diet changes, especially any changes related to a specific diagnosis or condition. NO information in this document should be used to diagnose, treat, prevent, or cure any disease or condition.