



Keeping Macros Simple Workbook



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Session 1: Introducing Macros

Macros is an abbreviation for macronutrients. Macronutrients are foods that:

1. Contain calories
2. Your body needs in larger amounts

When it comes to a macros-based nutrition approach, people generally think of **protein, carbohydrates, and fats** as the three macros.

However, you may also see water (no calories but your body needs it in large amounts) and alcohol (has calories but your body doesn't need it) listed with the macros.

Macros Are Not a Restrictive Diet

It is easy to turn macros into a restrictive diet. **Resist this urge.** Restrictive diets do not work long-term. And, macros is not just for weight loss - it can also be for weight or muscle gain, maintaining weight, eating in a balanced and appropriate way, or managing chronic health conditions.

To prevent turning macros into a restrictive diet:

- Use your appetite as a feedback tool to adjust how much you eat.
- Recognize that your body does not have the same needs every day.
- Accept that the scale may go the opposite direction you want it to go... initially.
- Expect it to take time to see how your body adapts and changes.

Our Three Rules for Macros

1. Love the food you eat.
2. Your macros must add up to 100% (because it reflects all - 100% - of your intake).
3. You must track food in some way (or else you won't know your macros)

Tracking Intake

- Find a method for tracking that you can do for the long-term.
- Decide if you will estimate or weigh/measure your foods.
- Track food and drink.
- Tracking in your head is not an option.

Three Popular Approaches To Macros

Before, you start thinking about **your** specific macros, let's take a look at the macro percentages for some popular macros-based approaches. These examples will help show how this approach works big-picture.

Option 1. AMDR.

The Acceptable Macronutrient Distribution Ranges (AMDRs) are set by the Dietary Guidelines for Americans to promote health and prevent disease for most adults in generally good health. The ranges are wide to accommodate many eating preferences.

Protein = 10% - 35%

Carbohydrates = 45% - 65%

Fats = 20% - 35%

Option 2. The Zone.

This approach was made popular in a 1985 book by Barry Sears. While the health claims for this diet are hyped (and not supported by research!), the macros are popular with athletes. They provide appropriate targets for those looking to build muscle without overeating protein or undereating carbohydrates.

Protein = 30%

Carbohydrates = 40%

Fat = 30%

Option 3. Keto.

We do not believe keto is an appropriate choice for many people and it is too strict to follow long-term. But, we know many people want to know about keto, so we are providing these macro targets in an educational capacity. We do NOT recommend following this approach without your healthcare provider's supervision.

Protein = 10% - 20%

Carbohydrates = 5% - 10%

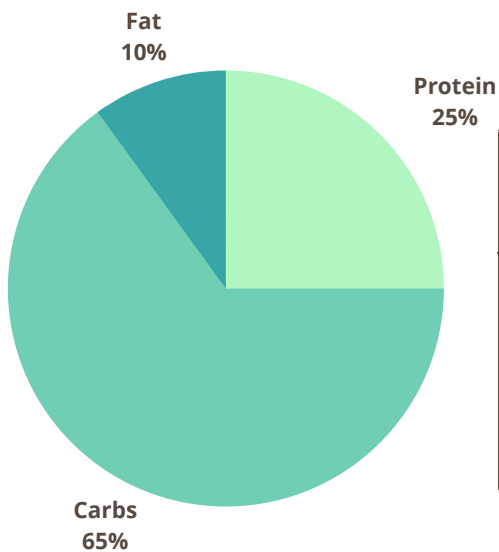
Fat = 70% - 80%

On the next two pages, you will find these approaches broken out to show percentages (as shown above), calories, and grams based on 2,000 calories a day.

Four Macro Target Options

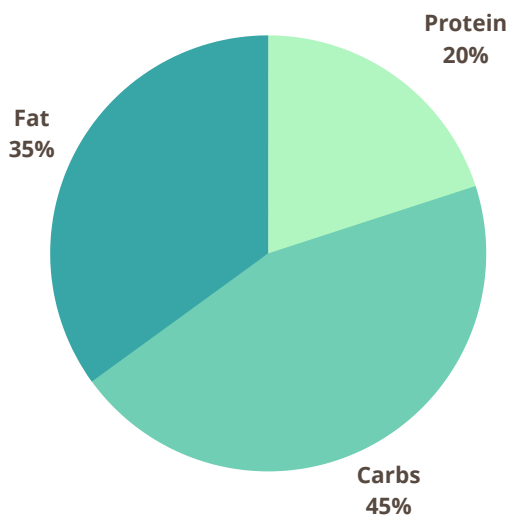
There are two options given for the AMDR macros. One is higher in carbs and the other is higher in fats. Both options keep protein moderate.

AMDR: High Carb - Moderate Protein - Low Fat



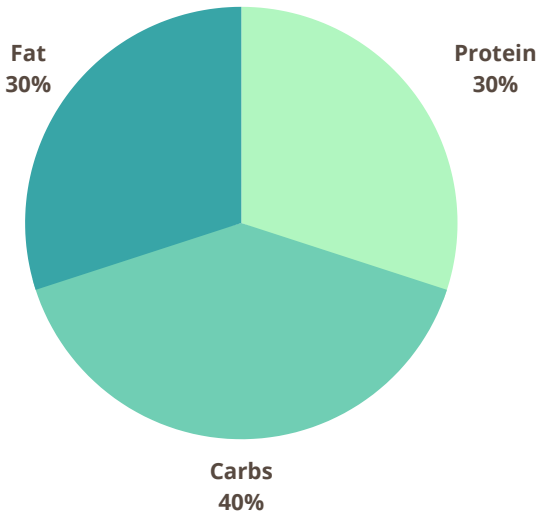
| | Protein | Carbs | Fat | Calories |
|----------|---------|-------|-----|----------|
| Percent | 25% | 65% | 20% | 2000 |
| Calories | 500 | 1,300 | 200 | |
| Grams | 125g | 325g | 22g | |

AMDR: Low Carb - Moderate Protein - High Fat



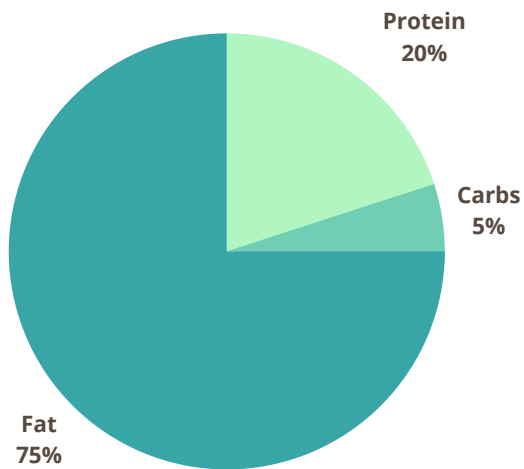
| | Protein | Carbs | Fat | Calories |
|----------|---------|-------|-----|----------|
| Percent | 20% | 45% | 35% | 2000 |
| Calories | 400 | 900 | 700 | |
| Grams | 100g | 225g | 78g | |

Zone



| | Protein | Carbs | Fat | Calories |
|----------|---------|-------|-----|----------|
| Percent | 30% | 40% | 30% | 2000 |
| Calories | 600 | 800 | 600 | |
| Grams | 150g | 200g | 67g | |

Keto



| | Protein | Carbs | Fat | Calories |
|----------|---------|-------|-------|----------|
| Percent | 20% | 5% | 75% | 2000 |
| Calories | 400 | 100 | 1,500 | |
| Grams | 100g | 25g | 166g | |