Session 3: Protein Is Primary

Remember These Points As You Set Your Macro Targets

- The fuel (calories) from each macro are best suited for specific jobs in your body. They can play other roles because your body is incredibly adaptable - but they work best to help you reach your goals when you let them do their preferred jobs.

- This information is educational and based on guidelines for generally healthy adults. It may not be appropriate for you based on your medical history, current conditions, goals, or medications. Please consult with your medical provider or your registered dietitian before changing how you eat.

- You are allowed to enjoy food you love and you can reach your goals with many different combinations of macros. Don't overthink this. There is no one best macro distribution or percentages.

Set your protein macro first.

Protein is important for building muscle and losing weight. Set this target at the highest percentage (from the ranges given on the next page) that you can eat comfortably without relying too much on supplements.

Set your carb and fat macros next.

We recommend setting your target for the food you like better - carbs or fats - first. Stay within the options for ranges given on the next page.

If you love carbs, choose a higher carb target.
If you love fats, choose a higher fat target.
If you love them both, choose a mid-range for both.

What you like to eat matters. Choose the macro targets that fit best with your preferred foods to eat and it will be so much easier for you to meet your macros.

Eat some carbs. Yes, even if you want to build muscle or lose fat. Eating carbs allows the protein you eat to do its job. If you skimp on eating carbs, your body has to use all that protein (or fat) you ate to make glucose.

Guidelines for Protein Intake

Guidelines are from the Dietary Guidelines for Americans (DGA) including the RDA (Recommended Dietary Allowance) and from National Academy of Sports Medicine (NASM).

Source	Recommendation
DGA - Low	10% of daily calories
DGA - High	35% of daily calories
RDA / DRI	0.8 grams per kilogram (wt)
NASM - Low	1 - 1.2 grams per kilogram (wt)
NASM - High	1.4 - 2.2 grams per kilogram (wt)

Do your calculations using these guidelines.

- Use your calorie range to calculate the DGA.
- Convert your weight in kilograms (pounds divided by 2.2).
- Each gram of protein has 4 calories - so divide or multiply by 4 to convert
- **Put your protein range on Your Macro Calculations Page.**

Examples for someone eating 2500 calories who weighs 180 pounds (82 kilograms)

- DGA at 10% = 2500 calories x 0.10 = 250 calories (divide by 4 = 63 grams)
- DGA at 35% = 2500 calories x 0.35 = 875 calories (divide by 4 = 219 grams)
- RDA = 82 kg x 0.8 grams = 65 grams (multiply by 4 = 260 calories)
- NASM Low = 82 kg x 1 grams = 82 grams
- NASM High = 82 kg x 1.4 grams = 115 grams

The range for our example is from is 63 - 219 grams.

Choosing Your Target

First, follow any guidelines given to you by your medical provider for your protein intake.

Second, check your food tracker to see how much protein you eat on average. Choose a number close to this and baby step your way towards your desired protein target. You don't need to change overnight.

Third, choose your target.

- Pick a lower target if you have less lean body mass (muscle), if you prefer to eat foods that are carbs and/or fats, or if you are on protein restrictions for medical reasons.
- Pick a higher target if you have a lot of muscle on your body, you are working to gain or maintain muscle mass, or if you prefer foods that are proteins.