

# Session 5: Finally, The Fats

## Guidelines for Fat 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	20% of daily calories
DGA - High	35% of daily calories
NASM	1 gram per kilogram (wt)

Do your calculations using these guidelines following the same steps as when you did the calculations for protein and carbs. **Put your fats range on Your Macro Calculations Page.**

## Choosing Your Target

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

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

Third, choose your target.

- Pick a lower target if you have digestive issues with fats or if you prefer to eat foods that are proteins and/or carbs.
- Pick a higher target if you prefer foods that are fats, you can choose more of the healthier fats, or you have a low appetite.

## Manipulating Your Macros

Now, that you have your ranges, work to build your skills in finding the foods that work together for you to hit your targets and enjoy your meals. We recommend finding a "Macro Cheat Sheet" that makes sense to you - and there are a lot to choose from online. Our favorite is from Working Against Gravity.

[Macro Cheat Sheet from Working Against Gravity](#)

## Adjusting Macros

Many people use a macros-based approach for muscle or weight gain, weight loss, or weight maintenance.

Below you see the calories, macros, and exercise for bulking (packing on muscle for competitions) and cutting (extreme weight and fat loss for competition) as well as the Dietary Guidelines ranges for maintaining weight (where competitors go when not bulking or cutting).

### Adjusting Macros



**Bulking**



**Cutting**



**Maintaining**

Calories	Increase 10 – 20%	Decrease 10 – 20%	TDEE (BMR + AF)
Protein	30 - 35%	30 – 35%	10 – 35%
Carbs	45 - 60%	30 – 50%	45 – 65%
Fat	15 - 30%	20 - 40%	20 – 35%
Gym Time	Weights	Weights & Cardio	Balanced Activity
Duration	4-6 months	6-12 weeks	Lifetime

Chances are you are not competing. This information is given to you for context.

Notice that even bodybuilding competitors do not have ranges that are vastly different from the general guidelines in column 3.

Notice that both bulking and cutting have some overlap with their recommended percentages for the macros.

What this means for you is that you can reach your muscle gain or weight loss goals by setting your calories, protein, carbs, and fats anywhere in the ranges that let you eat in a way you can eat for life.

**The goal is to eat in a healthy and balanced way for a lifetime.** So set your calories for the right amount of food, your TDEE, and set your macros anywhere within the recommended ranges that let you eat in a way you enjoy.

# Next Steps

**CONGRATULATIONS** on deciding on your first macro targets.

Remember, this is your first, best guess. **These targets won't be your final targets.** Calories are not an exact science. You made some estimates, now see what happens.

Review the section on "What Do I Do With These Numbers" **if you are hungry or too full** a lot. Make adjustments to your total calories in the first few days.

If the macro targets you chose are a **big change...**

- Start by making a small adjustment to move closer to your macro targets.
- Hold here for 2-3 weeks, then make another small adjustment.
- Doing too much, too drastically, too fast usually backfires. Ease in.

If your macro targets are a **small change...**

- Then go for it!

Before you decide your macros are not right and change them up...

- Be consistent and patient. **Meet your targets for 3-4 weeks.**
- Be honest with yourself about if you have been tracking accurately and consistently. if not, give it more time.

## Disclaimer

This information is educational in nature. It may not be appropriate for you and is not intended to provide specific guidance to any individual person or group.

This information is the opinion of the author. It is not intended to be medical advice or mental health advice. It is not intended to diagnose, treat, or cure medical or psychological conditions. It is your responsibility to use common sense, good judgment, and follow your medical / mental health provider's recommendations when this information conflicts with your medical / mental health provider's recommendations.

Please consult with your medical / mental health provider(s) before making any changes to your food or lifestyle habits. If you choose to implement any of these recommendations without consulting your personal healthcare provider(s), you are doing so at your own risk.

# References

1. Metabolism: <https://medlineplus.gov/ency/article/002257.htm>
2. Weight Loss Strategies and the Risk of Skeletal Muscle Loss:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8308821/>
3. Diet for Rapid Weight Loss:  
<https://medlineplus.gov/ency/patientinstructions/000885.htm>
4. International Society of Sports Nutrition Position Stand: Diets and Body Composition: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5470183/>
5. National Academy of Sports Medicine. Resting Metabolic Rate.  
<https://blog.nasm.org/nutrition/resting-metabolic-rate-how-to-calculate-and-improve-yours>
6. 2020-2025 Dietary Guidelines for Americans:  
[https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
7. The Zone Diet: <https://zonediet.com/the-zone-diet/>
8. Harvard Health Diet Review: Ketogenic Diet for Weight Loss:  
<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/ketogenic-diet/>

## Contact Us Anytime!

**[KeepingHealthySimpleClub.com](https://www.KeepingHealthySimpleClub.com)**

Email: [Info@KeepingHealthySimpleClub.com](mailto:Info@KeepingHealthySimpleClub.com)

Call/Text: (904) 625-5357

**[Get our newsletter](#) delivered to be the first to know what's going on and grab one of our current freebies!**