

UNDERSTANDING MACROS

This week's focus: Understanding what macro-nutrients mean and how we can potentially manipulate them to help according to our body shape and our health and fitness goals.

Why is it important?: When losing weight we are often bombarded with information on macros, as the holy grail for weight loss and fitness nutrition. It is important to understand that counting macros may have it's place but the only sure fire way to effect weight loss is to achieve a calorie deficit.

What will we tell you?: What macros are, and the ways they can be manipulated to maximise results, depending on your goals.

- 1 Macronutrients means large nutrients. They are the nutrients we need in large quantities, or contribute energy to our diet – these are: fat, carbohydrate, protein, fibre, alcohol and water. But, we mainly focus on fat, carbohydrate and protein, when discussing our macros.
- 2 All the macros have a calorific value (except water) **Fat** = 9 calories a gram, **Carbohydrate** = 4 calories a gram, **Protein** = 4 calories a gram, **Alcohol** = 7calories a gram, **Fibre** = 2 calories a gram
- 3 The International Sports Sciences Association (ISSA) have made some recommendations based upon the experience of sports and fitness professionals as to combinations of macros that may be beneficial for various goals and different body types.
- 4 3 body types and their recommended macro combination
Ectomorph – naturally long limbed and lean, with a low body fat ratio – crash through carbs so can tolerate a higher amount of carbs in their diet (**25% protein, 55% carbs, 20% fat**)
Endomorph – rounder with, shorter limbs and a higher body fat ratio, storing fat on the hips, thighs and tummy – can build muscle easier than ectomorphs, low tolerance for carbs (**35% protein, 25% carbs, 40% fat**)
Mesomorph – muscular and athletic looking, broad shoulders and of medium height. This body type doesn't have a problem losing or gaining weight and can build muscle the easiest (**30% protein, 40% carbs, 30% fat**)
- 5 The ISSA also make recommendations on macros depending on what your health and fitness goals are:
Fat Loss: 10-30% carbs, 40-50% protein, 30-40% fats
Muscle Building: 30-40% carbs, 25-35% protein, 15-25% fats
Endurance Training: 60% carbs, >15% protein, >25% fat
Maintenance: 30-50% carbs, 25-35% protein, 25-35% fats
- 6 At Be Strong we also calculate your macros for you. We think the best combination for weight loss, whilst still remaining active is as follows:
35% of your calories from Protein
20% of your calories from Fat
45% of your calories from Carbohydrate

KEY MESSAGES

Macros aren't an exact science and are definitely open to some experimentation.

If you are interested in it, have a go at tracking your macros to meet one of the above combinations, to see if it has any affect on your progress. Let us know what you find out

Track your macros by using information on food labels, and on the internet to find out how much of each macronutrient is in the food and drink that you are consuming.

Perhaps start by just tracking your protein, as this is macro that will help us to feel fuller, improve our metabolism and help to build lean muscle, which in turn makes us more effective at burning calories.

Remember!! It is important to keep the energy balance right and if you want to lose weight, keep that calorie deficit.

BE STRONG

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THE KNOWLEDGE