



GUIDE TO MACRONUTRIENTS

WHAT ARE MACRONUTRIENTS

Nutrients can be divided into 2 categories: macronutrients and micronutrients.

Macronutrients are those nutrients that the body needs in large amounts. These provide the body with energy (calories).

Micronutrients are those nutrients that the body needs in smaller amounts. Click on the links below to discover the functions, recommended dietary intake, and food sources of the different nutrients our bodies need.

Most have heard the term macro at some point or another. It is brought up a lot, especially when the topic is about eating healthy or losing weight. You may have heard it mentioned in terms of calculating or tracking macros, but what are macros?

Macros are macronutrients. Your body needs these nutrients in larger amounts in order to function properly as macro means large. In addition, all of these nutrients provide your body with energy measured in the form of calories or kcals. There are three types of macronutrients: carbohydrates, proteins, and fats.

Carbohydrates contain 4 kcal per gram

Proteins contain 4 kcal per gram

Fats contain 9 kcal per gram

Micronutrients are:

Water Soluble Vitamins

Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid

Fat Soluble Vitamins

Vitamin A, Vitamin D, Vitamin E, Vitamin K

Minerals

Calcium, Potassium, Sodium, Iron, Zinc

All of these macro and micronutrients have specific roles in your body that allows you to function properly.

/ PROTEIN

Ok, lets start from the top with protein. Most of us are aware of protein and its importance in the diet. Proteins are made up of amino acids, which are the building blocks of all tissues in your body, including muscles, nails, hair and more! Without adequate amounts, your tissues will not grow correctly and this can cause health complications.

The main benefit of protein is the impact it has on your body's growth and maintenance. For example, if you're actively trying to build muscle, protein is essential, as it will help maintain your muscle mass, while also helping to repair muscle.

Aside from growth and maintenance, there are countless other benefits of protein, including transporting and storing nutrients around the body, keeping you feeling fuller for longer and also boosting the immune system.



/ FAT

Next, we're moving onto fat. Since the 60's people have blamed fat found in foods for the fat around the middle, causing a mass shift in food labels, culture and diets. In excess, too much fat will of course make you put on weight, however fat is essential in the diet and shouldn't be feared.

Fat can help improve blood cholesterol levels, reduce inflammation and is vital in the absorption of fat-soluble vitamins (A, D, E & K). You may wonder isn't fat bad for you, but your body needs some fat from food. It's a major source of energy. It helps you absorb some vitamins and minerals.

Fat is needed to build cell membranes, the vital exterior of each cell, and the sheaths surrounding nerves. It is essential for blood clotting, muscle movement, and inflammation.

People who decide to purposefully increase their dietary fat will also be likely find their hunger levels are reduced, consequently stopping unnecessary snacking.

For long-term health, some fats are better than others.

Good fats include monounsaturated and polyunsaturated fats. Bad ones include industrial-made trans fats. Saturated fats fall somewhere in the middle.



/ CARBOHYDRATES

Carbohydrates are not the enemy. Glucose is your body's number one energy source and, you guessed it, carbs contain glucose, so filling up on whole carbs such as veggies, wholegrains and nuts is a great way to boost your energy and fuel your day.

Carbohydrates benefit your heart in other ways too! Research suggests that wholegrain carbs, such as breads, pastas, and grains such as quinoa, help reduce your chance of heart disease, while also lowering your cholesterol.

Any exercise between 30 seconds and a few hours will use carbohydrates as its main fuel source.

Carbohydrates are an absolute must post-workout, as they directly replenish your glycogen stores, so the energy you've expended during exercise is replenished. After a workout, your body's ability to soak up glycogen is heightened so it's essential that you make the most of this and get some carbs in your system soon after a heavy gym session, so you can benefit.

So, what happens if you don't consume carbs after a workout? Well, you're likely to feel tired and it can also lead to prolonged muscle soreness.



/ SUGAR CRAVINGS

The solution to life's little problems. An energy kick when we're tired and the ultimate soother when we're stressed. But, if you're giving into your sugar cravings on a regular basis, it can lead to all kinds of health issues, from poor heart health to decaying teeth.

Just like life, your diet should be all about balance. For each meal, aim to consume a balance of macro-nutrients. Protein, carbs and fat all provide a range of benefits and you'll feel fuller for longer too. Eating a balanced diet will also ensure stable blood sugar levels, limiting those annoying sugar cravings.

Add some flavour to your food and, as well as treating your taste buds, you may also reduce those pesky sugar cravings. Spices, such as cinnamon, nutmeg and cardamom, have been proven to benefit your blood sugar stability, which will keep your sugar cravings at bay. Adding flavour to your food will also make your meals more enjoyable, meaning you're more likely to be satisfied after you've eaten.

If you've been tossing and turning all night long, then it's likely that your diet will be a little off the next day. A bad night's sleep can affect the hormones that control your appetite.

Set yourself a regular bedtime, especially in the week, and aim to get the recommended 7-8 hours of shut eye each night.

If your fridge is stocked with sugary goodness then, naturally, you're going to reach for the chocolate in your time of need. If you're trying to cut down your sugar consumption, then don't add sweet treats to your shopping trolley. Instead, treat yourself with dessert if you go out for a meal or an ice cream during a weekend walk.



FOOD SWAPS

20 GRAMS OF PROTEIN

Lean/White Meat Protein

Chicken Breast 80g

Whey Protein Powder 25

Turkey Breast 80g

Skyr Yogurt 180g

Egg Whites 200ml Liquid or
6 Medium Egg Whites

Turkey Bacon 3 Rashers

White Fish 100g

Fatty/Red Meat Protein

Chicken Thigh 80g

Roast Pork 90g

Lamb Chop 90g

Salmon 90g

5% Beef Mince 100g

Eggs Whole 3

Sirloin Steak 80g



FOOD SWAPS

20 GRAMS OF CARBOHYDRATES

Quick Release

White Potato 100g

White Rice (Cooked) 70g

Snack A Jacks 2
(Carbs 26g)

Jam 30g

White Bread 2 Slices
(Carbs 26g)

Raisins 25g

Instant Oats 1 Sachet
(Carbs 24g)

1/2 A Bagel
(Carbs 27g)

Slow Release

Sweet Potato 100g

Unprocessed Rolled Oats 30g

Quinoa 30g

Brown Rice 90g

Brown Bread 1 Slices
(Carbs 24g)

Cooked Lentils 100g

Raspberries 170g

Strawberries 260g



FOOD SWAPS

10 GRAMS OF FATS

Healthy Fats

Peanut Butter 15g
(8g fat)

Almonds 20g
10g fat

Mixed Nuts 20g
11g fat

Avocado 80g
12g fat

Olive Oil 10 grams

Whole Eggs 2 whole
(12g fat)





 paul_wallace_fitness

 Designed and produced by @Nutritional_bear