

Make Your Macros Count

Macronutrients: the nutrients your body needs in the largest amounts. They provide the energy (calories) your body uses for everything from breathing and thinking to exercising and recovering. **In general, it's best to include a balance of all 3 macronutrients at most meals and snacks.**

Carbohydrates

- body's preferred source of energy
- fuels brain & nervous system
- provides fiber
- Main sources: fruit, vegetables, beans, dairy, grains

Protein

- builds/repairs muscle & tissue
- helps keep blood sugar steady
- promotes fullness & lasting energy
- Main sources: meat, fish, beans, lentils, soy, dairy

Fat

- support brain & heart health
- helps produce hormones
- adds flavor & satiety to meals
- Main sources: nuts, seeds, avocado, olives, fatty fish, beef, pork

1. Estimate Your Daily Calorie Needs

1. Calculate your daily energy (calorie) needs:

- **OPTION 1:** 25-30 calories per kilogram of bodyweight
 - Calculate your bodyweight in kilograms by dividing your bodyweight in pounds by 2.2
 - Example:
 - 200 lbs. divided by 2.2 = 91 kilograms
 - BMR = 25 x 91 kg = 2275 calories per day
- **OPTION 2:** Mifflin St. Jeor equation
 - Males (calories per day) = 10 x Weight (kg) + 6.25 x Height (cm) - 5 x age (years) + 5
 - Females (calories per day) = 10 x Weight (kg) + 6.25 x Height (cm) - 5 x age (years) - 16
 - Example: Female
 - Weight: 200 lb = 90.7 kg
 - Height: 5'6" = 168 cm
 - Age: 40 years
 - BMR = 907 + 1,050 - 200 - 161 = 1596 calories per day



**Not into calculations?
Check out this shortcut.**

My Estimated Daily Calories Needs: _____ calories/day

2. Multiply your daily calorie needs by an activity factor to get your total daily calorie needs.

Activity Level	Example Activities	Activity Factor
Sedentary	Minimal physical activity; desk job; may include typical daily activities such as household tasks	1.2
Lightly Active	Typical daily living activities + light exercise 1-3 days/week	1.375
Moderately Active	Typical daily living activities + moderate exercise 3-5 days/week	1.55
Very Active	Typical daily living activities + vigorous exercise 6-7 days per week	1.725
Extremely Active	Typical daily living activities + vigorous exercise & job requiring high amount of physical activity	1.9

My Estimated Daily Calories Target: _____ calories/day

OPTIONAL: Modify Based on Weight Goals

- **Lose Weight:** calorie deficit ~250–500 calories/day
- **Gain Weight:** calorie addition ~300-500 calories/day
- **Gain Muscle while Losing Fat:** calorie deficit ~200–300 calories/day combined with strength training

My Updated Daily Calorie Target: _____ calories/day

2. Choose Your Macronutrient Goals

New to Macros?

- **Track your food** in an app to see your macro totals & percentages.
- **Or write down** what you're eating (without the numbers) to check for all 3 macronutrients.
- **Notice how you feel** after eating (tired, hungry soon, overly full).
- **Read nutrition labels** to notice macronutrient amounts in current foods.
- **Consider starting with one macro focus** such as meeting your protein needs.

Ready for More?

- **Calculate a personalized calorie and macro target** based on your goals.
- **Track your macros for 3–7 days** to compare your intake with your targets.
- **Practice building balanced meals** that fit your macro goals.
- **Adjust one meal or snack at a time** instead of changing everything at once.
- **Consider scheduling with a registered dietitian** for more customized support.

Macro Ratios for Common Goals

The recommendations below can help you get started with a macro balance that aligns with your goal or health objective. Because everyone's body is different, you may need to adjust these ratios based on your health conditions, medications, activity level, or guidance from your healthcare team.

General Health

C: 45-55%
P: 20-30%
F: 25-35%

Weight Loss

C: 25-40%
P: 30-35%
F: 30-40%

Weight Gain

C: 50-55%
P: 30%
F: 20%

Building Muscle while Losing Fat

>See Weight Loss ratios
>Choose mid to higher end of carb range
>Reduce overall calorie intake by 300/day

Training for Endurance Event

(example: marathon)

C: 55-65%
P: 20-25%
F: 20-25%

Health While Breastfeeding

>Increase calories by 300-500/day

C: 45-65%
P: 10-35%
F: 20-35% (focus on omega-3s)

Weight Management during Perimenopause

C: 10-25%
P: 20-35%
F: 40-70%