



NUTRITION 101

# MACRO GUIDE

Get a better understanding of the basics.



# WHAT ARE MACRONUTRIENTS

## *Nutrition 101*

There are three categories of macronutrients that our bodies need to create energy. These three categories are:

- Carbohydrates
- Fat
- Protein

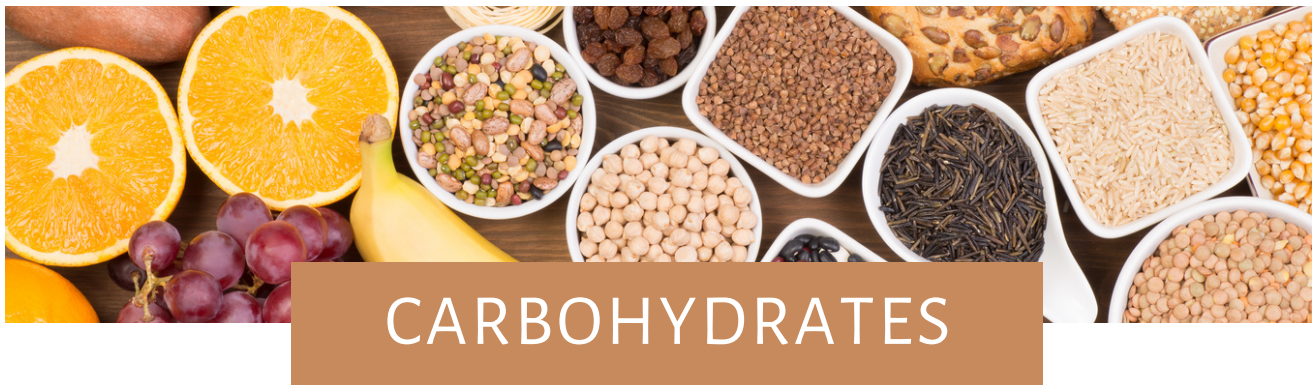
None of the above are only "good" or "bad", but rather there are good options for each, and not so good options.

The optimal ratios of each differ from person to person based on their goals, activity level, age, and individual physiology.

It is important to know that most foods have a combination of two or three macronutrients, with some exceptions. All categories are important for good health and balanced hormones.

See the next few pages for a breakdown of each.

The logo for FASTFIT, featuring the word "FASTFIT" in a bold, sans-serif font. The letters are white with a dark outline, set against a dark grey background. A white swoosh underline is positioned below the text, starting from the left and curving under the word.



Carbohydrates include a broad range starches, fiber, and sugar.

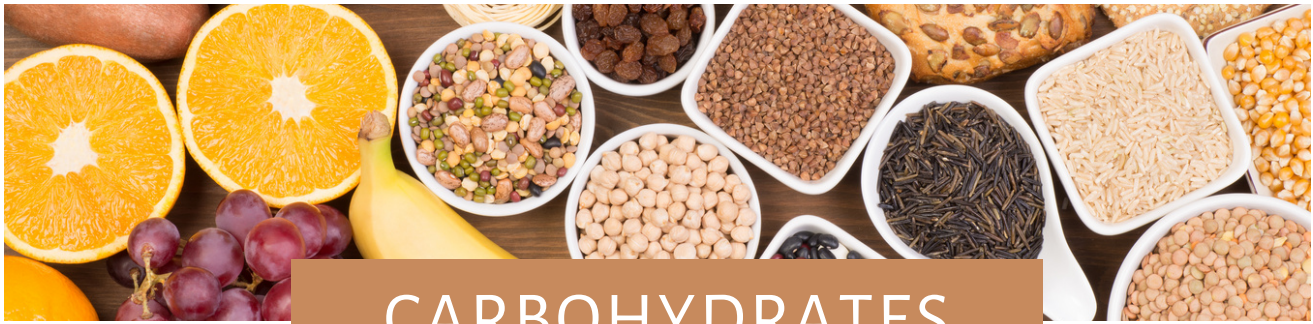
Carbohydrates occur naturally in foods such as fruits, vegetables, grains, and beans. They can also be added to products, mostly as refined sugar and this is often where people get in trouble with carbohydrates. Most (not all) packaged food contains refined carbohydrates.

Each gram of carbohydrate contains approximately four calories. These calories can either be full of nutrients, or can lack any nutritional value.

Foods rich in naturally occurring fiber, which is a carbohydrate, have many health benefits. Fiber is food for the healthy living bacteria in our gut, and they need it to thrive. Most foods that are high in natural fiber also contain many micronutrients such as vitamins and minerals that support our bodily functions.

Most carbohydrates raise our blood sugar levels and therefore, our insulin levels which is why keeping carbohydrates within moderation is very important for our metabolic health.

See the next page for healthy vs. unhealthy carbohydrates.



## CARBOHYDRATES

### YES!

- Vegetables
- Fruit
- Lentils
- Beans
- Wild or brown rice
- Cooled white rice
- Quinoa
- Sweet potatoes
- Seeds

### NO!

- Fruit juices
- Jam
- Baked goods
- Crackers
- Most breads
- Ice cream or frozen yogurts
- Chips
- Yogurts with added sugars
- Most packaged snacks

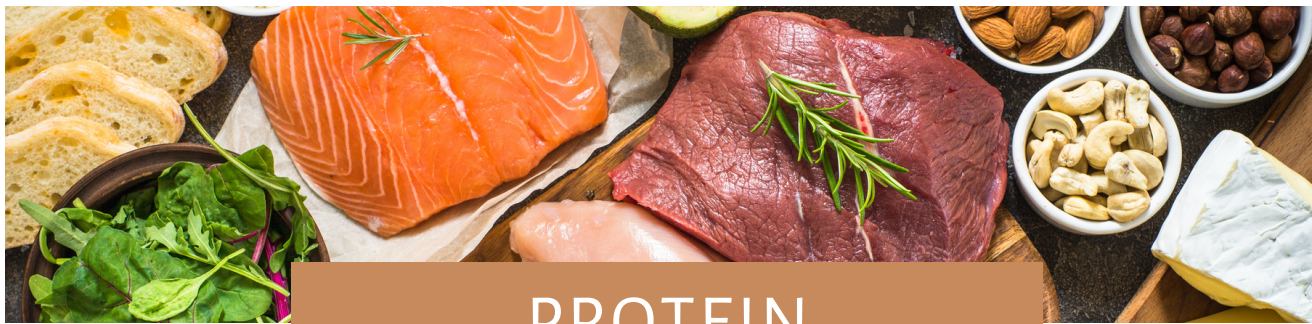


Proteins are large molecules made up of amino acids. There are nine essential amino acids in which our bodies need but can not make on its own. Complete proteins contain all nine essential amino acids while incomplete proteins contain less than this.

Proteins can be thought of as the building blocks for our cells. they are necessary to repair damage cells, transport molecules throughout the body, protect the body from bacteria and viruses, and aid in growth and developments.

The average adult needs approximately 0.8 grams of protein per kilogram of body weight each day. However, more may be necessary if you are active and trying to build muscle, still developing, pregnant or breastfeeding, or older than 50.

See the next page for examples of healthy proteins.



## PROTEIN

### YES!

- Wild caught fish
- Organic/pasture raised chicken
- Organic/pasture raised eggs
- 100% grass-fed beef
- 100% grass fed lamb
- Organic lentils
- Organic beans
- Whole non-GMO soy
- Organic tofu
- Some organic grass-fed unsweetened dairy
- Some protein powders can be useful if you have difficulty getting enough protein. Avoid brands that are non-organic and contain added sweeteners and preservatives.

### NO!

- Processed meats (hot dogs, bacon, deli meat)
- Grain-fed red meat
- Poor quality protein powder (added sweeteners, binders, colors, and preservatives)
- Poor quality dairy (non-organic, added sweeteners such as in yogurt)
- Some farm raised fish

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## FAT

Undeservingly, fat has gotten a bad reputation. The low fat fad is a thing of the past as we now know that healthy forms of fat are not only necessary for survival, but can drastically improve our health.

Fat is made up of essential fatty acids that our bodies can not create on its own. These fatty acids help with hormonal balance, maintenance of the cell membranes, vitamin absorption, and energy production.

Fat aids in the absorption of Vitamin A, Vitamin D, and Vitamin E.

Saturated fats can increase cholesterol and should be had in moderation. Some saturated fats are better than others. For example saturated fat from coconut is better than saturated fat from highly processed conventional meat. Trans fats should be avoided.

See the next page for examples of healthy fats, and not so healthy choices.

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## FAT

### YES!

- Wild caught salmon or other fatty fish
- Pasture raised eggs
- Olive oil
- Avocado oil
- Nuts (raw or dry roasted)
- Seeds (raw or dry roasted)

### NO!

- Fat from conventionally raised meat and fish (grain-fed meat or farm raised fish)
- Vegetable oil
- Canola oil
- Corn oil
- Soybean oil
- Fried food
- "Butter" like products