Sculpt You

MACRO *Guide*

WHAT ARE CALORIES AND MACROS?

Calories are units of energy contained in food that our body uses as fuel. We need calories to perform every bodily function including regulating heart rate and temperature, breathing, digesting food, and producing hormones. If the body doesn't receive enough energy, these systems begin to suffer. Most women have needs somewhere between 1,500 and 2,500 calories daily regardless if their goal is fat loss or muscle gain. Calorie needs are dependent on height, weight, age, and activity level. Illness, injury, pregnancy, breastfeeding, and the state of your metabolism also impact calorie requirements.

Calories are made up of what we call "macronutrients" or "macros" for short. These are nutrients that your body needs in large amounts (compared to MICROnutrients like vitamins and minerals). We have to get these macros from food, because the body can't make them.

The main three macronutrients needed to sustain a healthy life are carbohydrates, protein, and fats. Alcohol is also a macronutrient, but is not considered essential.

1 PROVIDES ENERGY AT 4 CALORIES PER GRAM

2 USED TO MAKE ENZYMES NECESSARY FOR THYROID AND DIGESTIVE FUNCTION

3 SUPPORTS DETOXIFICATION IN THE LIVER

4 NEEDED FOR BUILDING AND REPAIRING EVERY CELL AND TISSUE

5 INVOLVED IN THE PRODUCTION AND CONVERSION OF HORMONES

Protein should make up between 15-30% of daily calories for most women

Proteins are made up of building blocks called “amino acids”

ESSENTIAL AMINO ACIDS

Necessary to obtain from diet since the body can not synthesize them

PHENYLALANINE	VALINE	LEUCINE
ISOLEUCINE	LYSINE	TRYPTOPHAN
THREONINE	METHIONINE	HISTIDINE

NON ESSENTIAL AMINO ACIDS

Can be excluded from the diet because the body can synthesize them from essential amino acids

ALANINE	ARGININE	CYSTEINE
ASPARAGINE	ASPARTIC ACID	GLUTAMIC ACID
GLUTAMINE	GLYCINE	PROLINE
SERINE	TYROSINE	

“Conditional” Amino Acids are those typically considered non-essential except in times of increased stress, illness, or injury recovery. They include arginine, cysteine, glutamine, glycine, proline, and tyrosine

COMPLETE PROTEIN

Contains All Essential Amino Acids

INCOMPLETE PROTEIN

Does Not Contain All Essential Amino Acids

PROTEIN SOURCES:

ANIMAL BASED

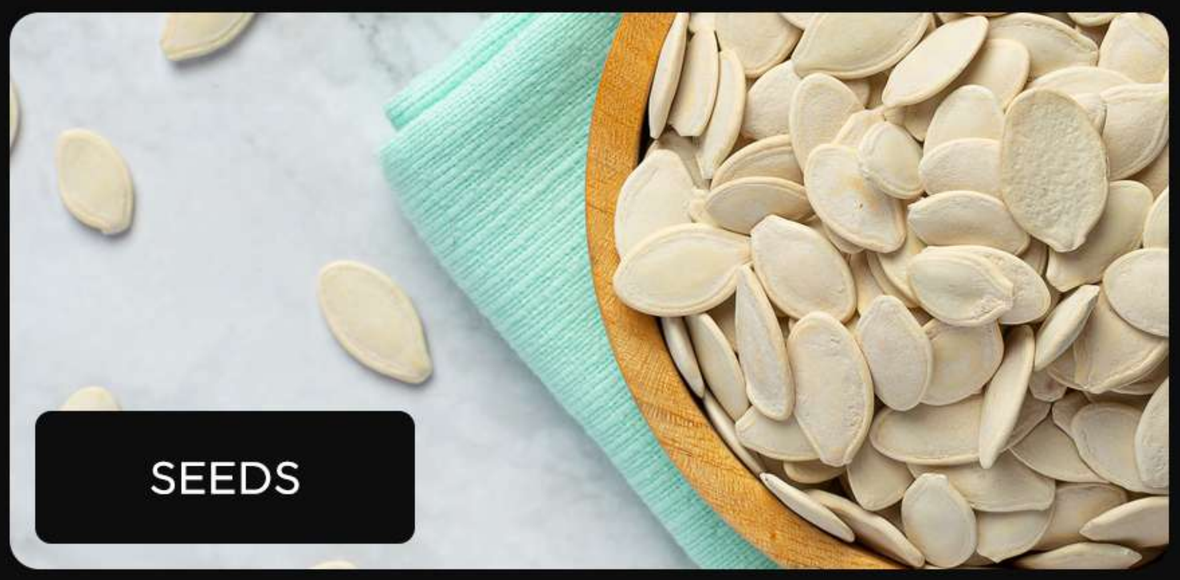
PLANT BASED


SOY (TEMPEH, TOFU, EDAMAME)


BEANS/LEGUMES


WHOLE GRAINS


NUTS


SEEDS

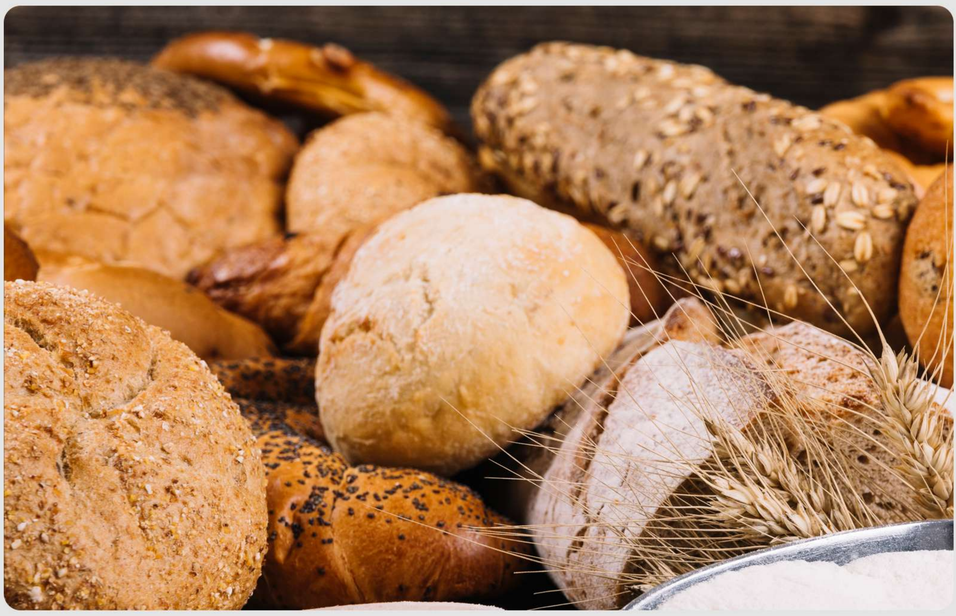
1 PROVIDES ENERGY AT 4 CALORIES PER GRAM

2 THE PREFERRED FUEL SOURCE FOR EVERY CELL IN THE BODY

3 SUPPORTS DETOXIFICATION IN THE LIVER

4 NEEDED FOR THYROID HORMONE CONVERSION

5 GLUCOSE IS THE ONLY FUEL SOURCE USED BY THE BRAIN AND EYES



Carbohydrates

should make up between 45–65% of daily calories for most women. I don't recommend ever going below 40% carbs. If you are transitioning from a low carb or keto diet, you will need to increase slowly. Some people choose to go as slow as increasing at a rate of an additional 5 grams per week of carbohydrates.

SIMPLE CARBOHYDRATES:

- MADE UP OF SHORTER GLUCOSE CHAINS
- BROKEN DOWN VERY EASILY BY THE BODY (MAKING IT THE MOST EFFICIENT FUEL SOURCE)
- SOURCES: FRUIT, DAIRY, HONEY, MAPLE SYRUP, COCONUT SUGAR, CANE SUGAR
- MORE PROCESSED FORMS: CEREAL, PROTEIN BARS, COOKIES, CANDY, CAKE, SODA

SIMPLE CARBOHYDRATES:

- MADE UP OF LONGER GLUCOSE CHAINS
- TAKE LONGER TO DIGEST THAN SIMPLE CARBS
- INCLUDES FIBER, THE INDIGESTIBLE PART OF PLANTS THAT AID IN DIGESTIVE MOTILITY
- SOURCES: POTATOES, SQUASH, PEAS, BEANS/LEGUMES, RICE, QUINOA, VEGETABLES
- MORE PROCESSED FORMS: BREAD, PASTA

Both simple and complex carbohydrates from whole food sources contain high amounts of vitamins and minerals and should be part of a healthy and balanced diet!

1 PROVIDE ENERGY AT 9 CALORIES PER GRAM AND IS USED AS A BACKUP ENERGY SOURCE (THE BODY CONVERTS EXCESS SUGAR INTO FAT WHEN FAT INTAKE IS TOO LOW)

2 NEEDED FOR THE ABSORPTION OF VITAMINS A, D, E, AND K

3 REQUIRED FOR GROWTH AND DEVELOPMENT

4 INDUCES FEELINGS OF SATIATION

5 USED IN CELL SIGNALING

Fats should make up between 20-35% of daily calories for most women

SATURATED FATS:

- Fats that are mostly made up of single bonds resulting in a straight structure

- The straight structure allows saturated fats to be stacked closely and thus makes them more stable when exposed to heat and solid at room temperature

SOURCES:

COCONUT	COCONUT OIL	BUTTER
GHEE	ANIMAL PROTEIN FATS	DAIRY FAT

UNSATURATED FATS

- Fats that are mostly made up of both single and double bonds resulting in crooked structures

- The crooked structure prevents unsaturated fats from stacking closely and thus makes them less stable when exposed to heat and liquid at room temperature

SOURCES:

OLIVES	AVOCADO	NUTS
SEEDS	CANOLA OIL	SAFFLOWER OIL
SUNFLOWER OIL	SESAME OIL	CORN OIL

TRANS FATS:

- A type of unsaturated fat that are converted into semi-solid oils to increase flavor stability & shelf life of oils

- Linked to higher levels of inflammatory markers

SOURCES:

MARGARINE

FRIED FOODS

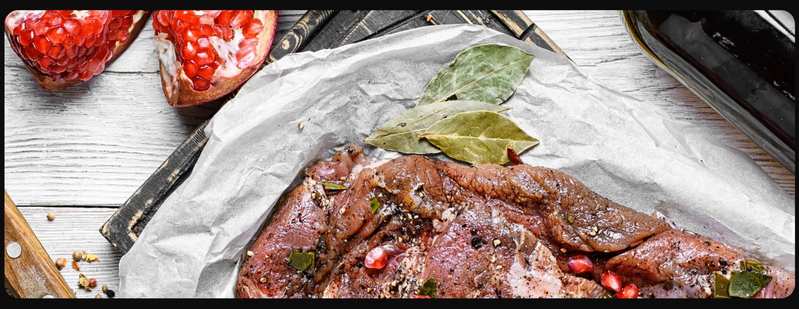
PROCESSED FOODS

COMMERCIAL BAKED GOODS

EXAMPLES OF BALANCED MEALS + SNACKS:

SHREDDED CHICKEN, RICE OR BEANS, FAJITA VEGGIES, AVOCADO

SHRIMP, STIR FRY VEGGIES COOKED IN AVOCADO OR COCONUT OIL, RICE



BEEF JERKY + FRUIT

BONE BROTH + RAW CARROTS + CHEESE

EGGS, POTATOES, CHEESE, SPINACH, BUTTER

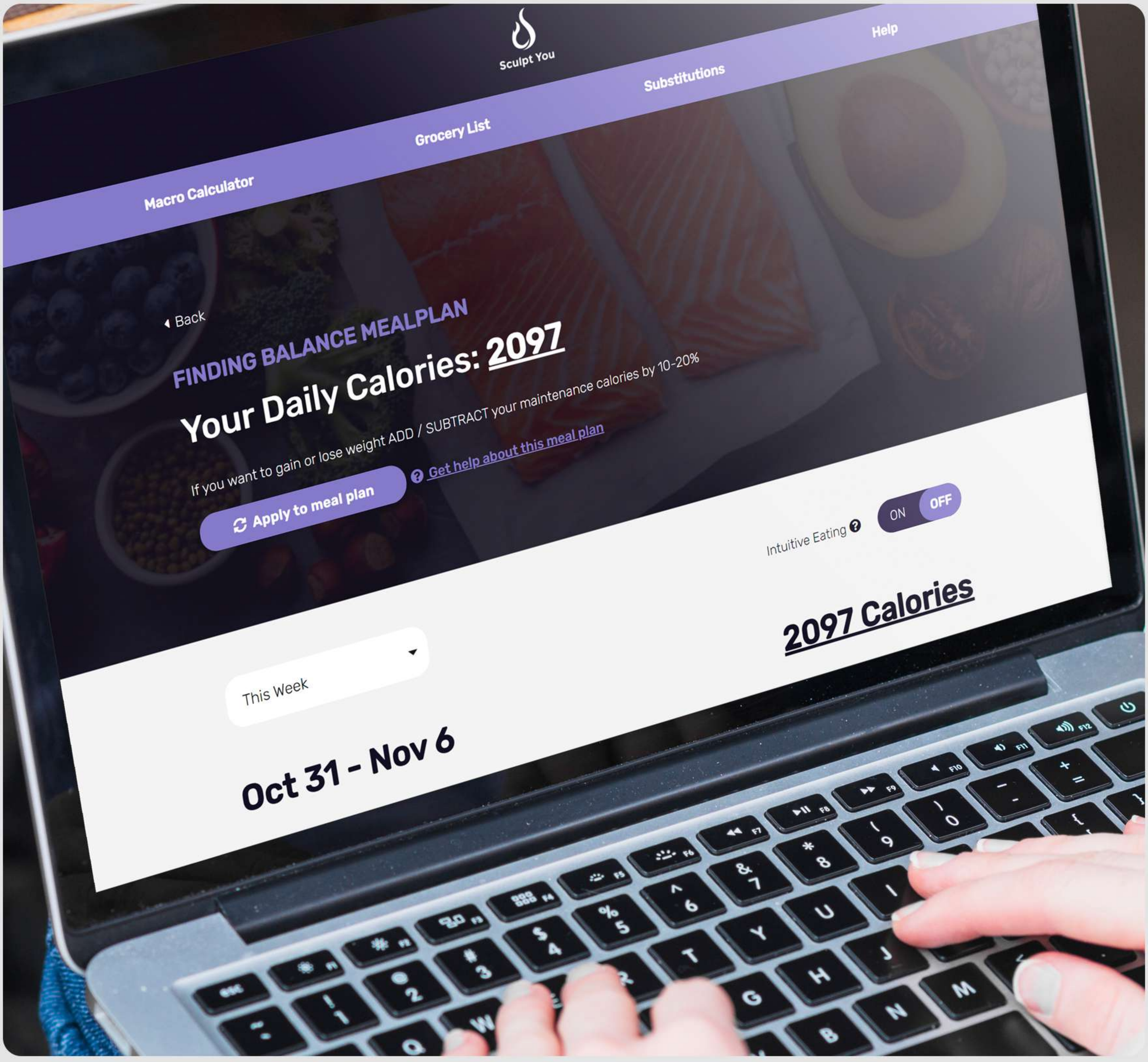
CREATING BALANCE FOR

Healthy Hormones

1 INCLUDE ALL THREE MACRONUTRIENTS IN EACH MEAL. THIS HELPS TO BALANCE BLOOD SUGAR, STABILIZE ENERGY LEVELS, AND FEEL SATISFIED LONGER

2 IF TRACKING MACROS IS STRESSFUL TO YOU, FOCUS ON SIMPLY GETTING A PROTEIN SOURCE, CARB SOURCE, AND FAT SOURCE AT EACH MEAL

3 AVOID EATING PROTEIN OR CARBOHYDRATES BY THEMSELVES. EATING PROTEIN OR CARBS ALONE WILL RESULT IN LOW BLOOD SUGAR LEVELS



HOW TO CALCULATE CALORIE NEEDS:

The Sculpt You calculator makes it easy to find your estimated maintenance calories using the Total Daily Energy Expenditure (TDEE) formula. This formula is the most accurate for active individuals and takes into account your height, weight, age, and activity level. There is no need to adjust the calories for rest days since the formula already takes them into account.

The calorie calculator features a sliding scale which allows you to adjust your goal within a 40% range. When beginning a calorie deficit or surplus, it's important to go slow and not adjust too aggressively. Starting with a slight 5% increase or decrease and continuously adjusting over time will help prevent you from hitting a plateau early on.

TIPS FOR USING THE SCULPT YOU CALCULATOR:

1. BE SURE HEIGHT IS IN CENTIMETERS (1 INCH = 2.54 CENTIMETER)
(EXAMPLE: 5’6” = 66 INCHES = 167.64 CENTIMETERS)

2. BE SURE WEIGHT IS IN KILOGRAMS (1 KILOGRAM = 2.2 POUNDS)
(EXAMPLE: 130 LBS = 59.09 KILOGRAMS)

3. THE CALCULATOR WILL NOT PROVIDE MACROS SINCE THE SCULPT YOU MEAL PLANS ARE NOT CUSTOMIZABLE ACCORDING TO MACRO GOALS, ONLY CALORIE GOALS

4. EACH OF THE 4 SCULPT YOU MEAL PLANS CAN BE ADJUSTED TO YOUR UNIQUE CALORIE GOAL BY CLICKING “APPLY TO MEAL PLAN”. YOU WILL SEE THE PORTIONS OF EACH FOOD ITEM ADJUST ALONG WITH THEIR RESPECTED MACROS AND CALORIES.

ACTIVITY LEVELS:

SEDENTARY

No regular activity outside of day to day tasks - 1.2

LIGHTLY ACTIVE

1-3 days per week - 1.375

MODERATELY ACTIVE

3-5 days per week - 1.55

HIGHLY ACTIVE

6+ days per week - 1.7

10 X WEIGHT IN KG + 6.25 X HEIGHT IN CENTIMETERS -

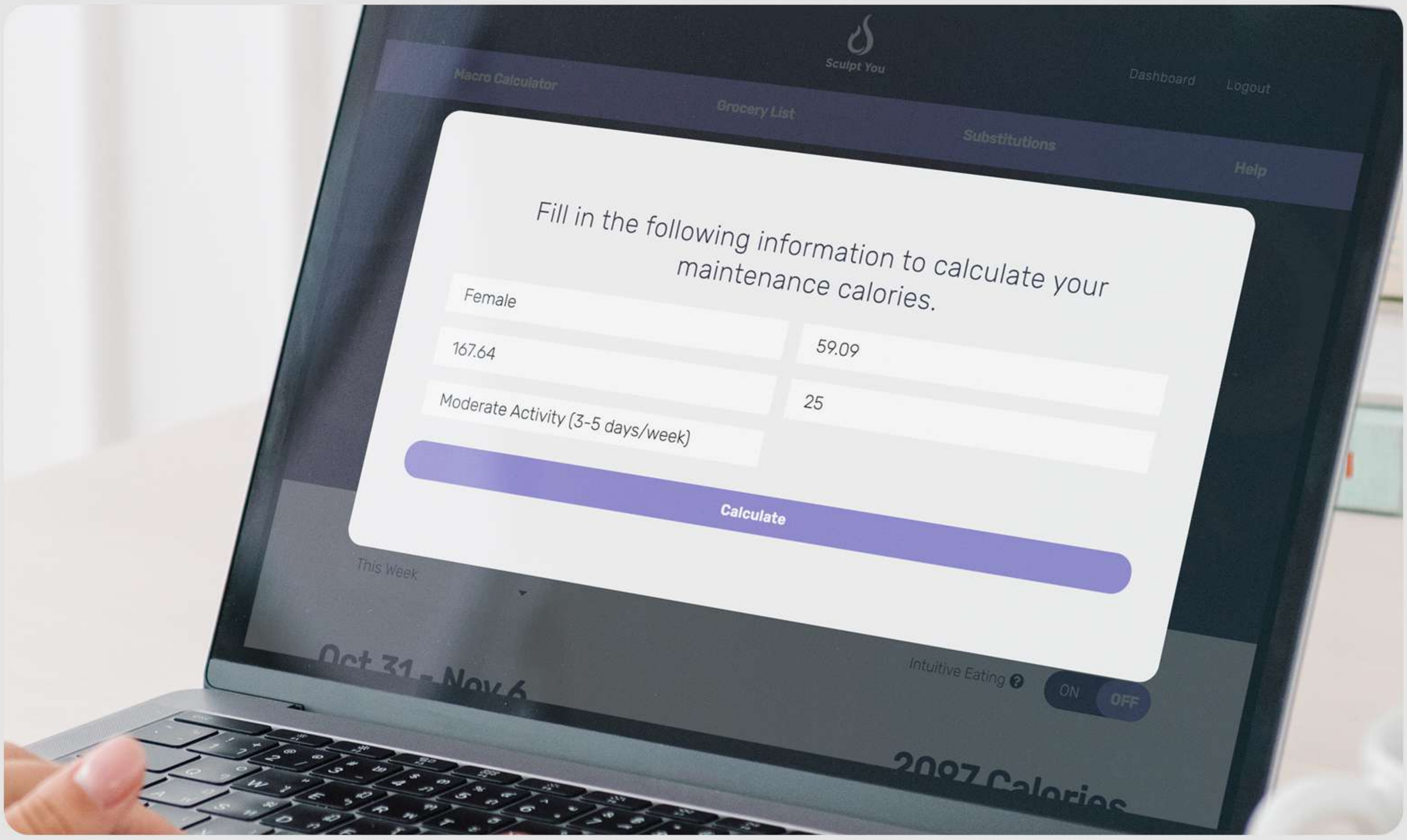
5 X AGE IN YEARS - 161

= Basal Metabolic Rate (BMR) - the amount of calories your body requires AT REST
X Activity Level

= Total Daily Energy Expenditure (TDEE) - the amount of calories your body requires to maintain your current weight at your current activity level

REMEMBER, THIS IS THE SAME FORMULA USED IN THE SCULPT YOU CALCULATOR LOCATED WITHIN THE MEAL PLAN SYSTEM

EXAMPLE:



HEIGHT: 5’6”

WEIGHT: 130 LBS

AGE: 25 YEARS

ACTIVITY LEVEL: MODERATE

(10 x 59.09 kg) + (6.25 x 167.64 cm) - (5 x 25 years) - 161
= 1,353 calories - Basal Metabolic Rate (BMR)
X Activity Level of 1.55

= 2,097 calories - Total Daily Energy Expenditure (TDEE)
- THIS WOULD BE YOUR “MAINTENANCE” CALORIE GOAL

How to calculate Macros

Remember: Carbs and Protein both contain 4 calories per gram while Fat contains 9 calories per gram

Since we know the recommended ranges of each macronutrient (45-65% carbs, 20-35% fats, 15-30% protein), we can set specific ratios and calculate macros that way.

EXAMPLE:

50% CARBS	25% FAT	25% PROTEIN

Using the 2,097 calorie goal from the examples in the sections above

2,097 x 50% = 1,048.5 calories from carbs / 4 calories per gram = 262 grams of carbs

2,097 x 25% = 524.25 calories from fat / 9 calories per gram = 58 grams of fat

2,097 x 25% = 524.25 calories from protein / 4 calories per gram = 131 grams of protein

EXAMPLE 2:

45% CARBS	25% FAT	30% PROTEIN

Using the 2,097 calorie goal from the examples in the sections above

2,097 x 45% = 943.65 calories from carbs / 4 calories per gram = 236 grams of carbs

2,097 x 25% = 524.25 calories from fat / 9 calories per gram = 58 grams of fat

2,097 x 30% = 629.1 calories from protein / 4 calories per gram = 157 grams of protein

MAINTENANCE CALORIES

The amount of calories your body requires to maintain your current weight at your current activity level, so long as metabolism is working optimally. If you have a history of dieting/under-eating, it's likely that your metabolic rate has slowed and is less than the number from the calculator.

CALORIE DEFICIT

Eating fewer calories than your body requires to maintain your current weight. Anything less than your maintenance calories.

CALORIE SURPLUS

Eating more calories than your body requires to maintain your current weight. Anything more than your maintenance calories.

The Total Daily Energy Expenditure formula provides you with an estimation of your maintenance calories. If you want to maintain your current weight or focus on body recomposition during the early stages of your fitness journey (the act of building muscle while simultaneously losing fat), this is the calorie goal you will want to aim for.

If your goal is to build muscle, you will need to be in a caloric surplus. This means you will slowly increase your weekly calories. The recommended rate is about 50 additional calories per week until you reach a 20% surplus. For example, if you're maintenance/TDEE is 2,097 and you want to focus on muscle growth, your calorie goal would increase from 2,097 to 2,516 at a rate of 50 additional calories per week. If you're unable to consistently hit your daily calorie goal, do not increase until you can.

If your goal is to lose fat, you will need to be in a caloric deficit. This means you will slowly decrease your weekly calories. The recommended rate is about 50 fewer calories per week until you reach a 20% surplus. For example, if you're maintenance/TDEE is 2,097 and you want to focus on fat loss, your calorie goal would decrease from 2,097 to 1,678 at a rate of 50 fewer calories per week. If you're unable to consistently hit your daily calorie goal, do not decrease until you can.

Going slowly at a rate of +/- 50 calories allows the metabolism and digestive system enough time to adapt to the calorie difference. If we increase our calories too much, it will be difficult not to feel overly full at each meal and be able to hit our calorie goal. If we decrease our calories too much, we're more likely to experience intense hunger pains and feelings of restriction which can lead to episodes of overeating or binge eating.

You may consider adjusting your macro ratios based on how you typically enjoy eating and how your body responds to your current macro split. I recommend waiting at least a few weeks before making changes in order to accurately assess how your current split is impacting how you feel.

If your stress load increase, your carbohydrate requirement also increases. When dieting/going into a deficit, it may be helpful to keep fat and protein at higher percentages in order to feel full and satisfied for longer periods.

a Note on Reverse Dieting

“Reverse Dieting” is a term used to describe the process of intentionally increasing your calories from a point that is considered “under-eating” to your estimated maintenance calories in order to increase your metabolic rate.

Your metabolic rate, otherwise known as metabolism, is the rate at which you utilize energy from food and convert it into fuel. When a person eats fewer calories than is required to maintain homeostasis, the body will adapt by slowing their metabolic rate. When metabolism slows, every body process including digestion, hormone function, energy production, and immune system regulation, also slow. When this happens, the body begins to maintain your weight on much fewer calories than it could be. In this situation, a person would need to continuously decrease their calories in order to keep the weight off but at the risk of seriously impacting their short and long-term health.

If you aren’t sure if reverse dieting is right for you, compare the average amount of calories you consume to your estimated needs according to the Sculpt You calculator. If you’re eating much fewer calories than your calculated maintenance and suspect that you’ve been doing so for a while, you may consider going through a reverse diet. If you’ve hit a weight or strength plateau, suffer from low energy or poor exercise recovery, or experience high amounts of stress or feelings of restriction, intentionally increasing your calories can make a world of difference.

Many people choose to reverse diet at a rate of 50 additional calories per week with the goal of reaching their calculated maintenance calories. In order to heal the metabolism, most people need to spend a minimum of several months eating at their maintenance calories or in a slight surplus before considering going into a fat loss phase. As the body adapts to receiving more fuel, it will begin to move out of a state of stress. During this process, it’s normal to experience weight fluctuations. For this reason, I encourage you to focus on how you feel than how much you weigh day to day.

HOW TO START TRACKING MACROS:

1 Track your current intake without making any changes using apps like MyFitnessPal and Cronometer. This data will help you determine what your current diet patterns are (under-eating, over-eating, skipping meals throughout the day and overeating at night, under-consuming protein, etc.)

2 Calculate your estimated maintenance calories using the Sculpt You calculator or manually using the TDEE equation in the section above

3 Compare your current calorie intake with your estimated needs to help determine your next step (reverse dieting to improve metabolism, a deficit for a fat loss phase, a surplus for a muscle building phase, or maintaining your current calorie intake and weight)

4 Find your macro targets using percentages (see equations in the section above) and add these to your tracking app

5 Buy a food scale, measuring spoons, and measuring cups since you will have to weigh out each item for accuracy

6 Aim to hit just your daily protein goal first. When you have goals based on body composition, hitting your protein goal is most important and often the most overlooked.

7 Next aim to hit your daily protein AND your calorie goal, allowing carbs and fats to fall where they may. This can always be adjusted later.

8 Once you feel confident with tracking, aim to hit all three macronutrients.

The Benefits of Macro Tracking

- MACROS INFLUENCE BODY COMPOSITION CHANGES
- TRACKING MACROS CAN BE USED TO INFLUENCE ATHLETIC PERFORMANCE
- TRACKING MACROS ALLOWS FOR MORE CONTROL OVER BLOOD SUGAR LEVELS
- MACROS CAN BE ADJUSTED FOR ANY WEIGHT GOAL
- TRACKING MACROS IS A GREAT WAY TO ENSURE YOU'RE GETTING ENOUGH CARBS, FATS, AND PROTEIN
- TRACKING MACROS CAN PROVIDE FLEXIBILITY OUTSIDE OF A STRUCTURED MEAL PLAN

MACRO COUNTING MAY BE GOOD FOR SOMEONE WHO:

IS INTERESTED IN PORTION CONTROL

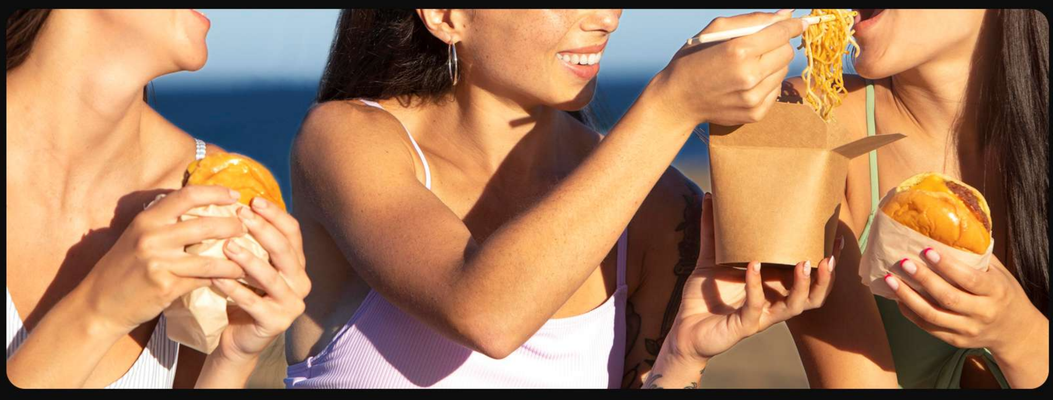
HAS A HISTORY OF UNDER-EATING WHEN NOT BEING MINDFUL OF CALORIES OR MACROS

WANTS TO BE SURE THEY'RE GETTING ENOUGH OF EACH MACRONUTRIENT

IS ACTIVE AND WANTS TO IMPROVE PERFORMANCE AND RECOVERY

MACRO COUNTING MAY NOT BE APPROPRIATE FOR SOMEONE WHO:

HAS A HISTORY OF EATING DISORDERS OR FOOD RESTRICTION



HAS AN UNHEALTHY RELATIONSHIP WITH FOOD

IS NOT INTERESTED IN WEIGHING, MEASURING, AND TRACKING THEIR FOOD INTAKE

FEELS ADDITIONAL STRESS AROUND FOOD WHEN COUNTING MACROS

IF YOU HAVE ANY QUESTIONS ABOUT MACROS, REACH OUT TO OUR REGISTERED DIETITIAN **MELODY!**