

FINDING YOUR CALORIE AND MACROS:

Yes, calculating your macronutrient breakdown can be tricky. Everyone's nutritional requirements are different and a number of things need to be taken into consideration when doing so; current nutritional status, body composition (body fat/lean body mass), body type, training history, current training volume, goal or targets and a whole lot more!

However! It's no secret (and it shouldn't be!) on how the basics are calculated...so here it is!

In order to change body composition, you need to modify the energy balance in your body;

Gain weight/Build muscle = Surplus calorie intake

Fat loss = Deficit calorie intake

Maintenance = Calorie intake is equal to calories (energy) out/burned.

1. Calculate your BMR (Basal Metabolic Rate) in kcals by multiplying your body weight (in kg) by 22. **Eg: 60kg x 22 = 1320cals**

LIFESTYLE & TRAINING FREQUENCY ACTIVITY MULTPLIER

• Sedentary plus 3-6 days of weights	1.3 – 1.6
• Lightly active plus 3-6 days of weights	1.5 – 1.8
• Active plus 3-6 days of weights	1.7 – 2.0
• Very active plus 3-6 days of weights	1.9 – 2.2

2. Using the table above select the appropriate level and multiply your BMR by the activity multiplier. **Eg: 1320cals x 1.7 (lightly active plus 3-6 days of weights) = 2244cals.** This is our *maintenance* calorie intake.

Now, let's say our goal is to drop body fat. We need to create a calorie deficit in the body;

3. Take your maintenance calories and, as a general guide, reduce it by approximately 10-20%. **Eg: 2244 x 80% = 1795cals**

Calculate Protein first, then Fats, followed by Carbohydrates.

1gram Protein = 4 calories

1gram Carbohydrate = 4 calories

1gram Fat = 9 calories

4. **Protein:** multiply your bodyweight (kg) by 2g-2.8g. (The higher intensity of your weight training, the higher number of grams.) **Eg: 60kg x 2.8g = 168grams Protein.**

Now remembering there are 4 calories for every gram of protein; multiply your amount by 4. **Eg: 168grams x 4cals = 672calories**

Body Type:

- Ectomorph (tall, lean, little muscle mass) = lower fats, higher carbohydrates.
- Endomorph (short, stocky, lots of muscle, gains fat easily but difficult to lose) = higher fats, lower carbohydrates
- Mesomorph (between the two. Medium height. Gains and loses muscle/fat easily = suits either carbohydrate/fat combination.

5. **Fats:** Using the body type table multiply your total (fat loss) calories with (between) 15-30%. **Eg: Endomorph – 1795cals x 30% = 538cals.**

Remembering that there's 9cals per 1gram fat; **538cals/9grams = 59grams Fat**

6. **Carbohydrates:** This will be the remainder of your available calories, so our total 'fat loss' calorie amount, less calories allocated to protein and fats.

Eg: 1795calories – 672calories (protein) – 538calories Fats) = 585calories.

585/4 (4 calories to every 1gram) = 146grams Carbohydrates

So – there you have it; the daily macronutrient breakdown:

Protein = 168grams

Fats = 59grams

Carbohydrates = 146grams

From here you can adjust your macro amounts & level of exercise every few weeks based on the results you see.

Write your macro break down on paper or plug it into MyFitnessPal to add and track your food. Grab yourself a macro mate (I'm always looking for one!) & you're on your way! As you become more comfortable with hitting your macro targets, the easier it gets to incorporate the method into your lifestyle.

Whether you're using this method to gain weight or muscle, lose body fat or maintain your current body composition, aim to make up 80-90% of your calorie intake with unprocessed, whole foods.

Remember - remaining on a calorie deficit diet should not be used long-term (there are numerous reasons for this!). Macros should be recalculated periodically to maintain good inner health and support your level of training. We want strong, healthy bodies – inside and out!