

A Quick Guide to Macros for Men and Women

Hey there! Welcome to your go-to guide for understanding macros and how they can help you crush your health and fitness goals.

Whether you want to lose weight, build muscle, or just feel great, this booklet has you covered. Let's dive in!

What Are Macros?

Macros (short for macronutrients) are the nutrients your body needs in large amounts to thrive:

1. **Carbohydrates** (4 calories per gram): Your body's favorite source of energy.

2. **Proteins** (4 calories per gram):

The building blocks for your muscles and repair system.

3. **Fats** (9 calories per gram):

Essential for hormone health, brain power, and long-lasting energy.

Why Are Macros Important?

Getting the right balance of macros can help your body perform at its best. Think of it like fueling a car: the right mix keeps you running smoothly and efficiently.

Macro Needs by Gender and Goals
For Men

- **Weight Maintenance:** 45-65% carbs, 10-35% protein, 20-35% fat
- **Muscle Gain:** 40-50% carbs, 25-35% protein, 20-30% fat
- **Weight Loss:** 30-40% carbs, 25-35% protein, 25-35% fat

For Women

- **Weight Maintenance:** 45-65% carbs, 10-35% protein, 20-35% fat
- **Muscle Gain:** 40-50% carbs, 20-30% protein, 20-30% fat
- **Weight Loss:** 30-40% carbs, 25-30% protein, 25-35% fat

How to Calculate Your Macros

1. Find Your Calorie Needs: Use the Harris-Benedict Equation to calculate your Basal Metabolic Rate (BMR):

- **For Men:** $BMR = 88.36 + (13.4 \times \text{weight in kg}) + (4.8 \times \text{height in cm}) - (5.7 \times \text{age in years})$
- **For Women:** $BMR = 447.6 + (9.2 \times \text{weight in kg}) + (3.1 \times \text{height in cm}) - (4.3 \times \text{age in years})$

2. Multiply your BMR by your activity level:

- Couch potato (little to no exercise): $BMR \times 1.2$
- Light activity (1-3 days a week): $BMR \times 1.375$

- Moderate activity (3-5 days a week): $\text{BMR} \times 1.55$
- Active (6-7 days a week): $\text{BMR} \times 1.725$
- Super active (very hard exercise or physical job): $\text{BMR} \times 1.9$

3. **Set Your Macro Ratios:** Break down your total calories based on your goal-specific macro percentages. Here's an example:

- A guy eating 2,500 calories with a 40-30-30 ratio (carbs-protein-fat):
 - Carbs: $40\% \times 2,500 = 1,000$ calories ($\div 4 = 250\text{g}$)
 - Protein: $30\% \times 2,500 = 750$ calories ($\div 4 = 187.5\text{g}$)

- Fat: $30\% \times 2,500 = 750$ calories
($\div 9 = 83.3\text{g}$)

Age-Specific Recommendations

Ages 18-30

- **Men:** Focus on protein to build and maintain muscle.
- **Women:** Balance carbs and fats to keep hormones happy.

Ages 31-50

- **Men:** Ease up on carbs if you're less active.
- **Women:** Prioritize healthy fats for glowing skin and hormonal health.

Ages 51+

- **Men:** Add more protein to preserve muscle.
- **Women:** Focus on calcium-rich foods for strong bones.



Tips for Success

1. Use apps like MyFitnessPal, Fitbit, or even Mayo Clinic Diet to make tracking your food easy and fun.

2. Plan your meals ahead so you're never caught off guard.
3. Drink plenty of water to stay hydrated and energized.
4. Adjust your macros as your body and goals evolve.

By following these tips and tailoring your macros to your needs, you'll be well on your way to a healthier, happier you. You've got this!

"Think of your food as a way to support your health and happiness—nourishment that fuels your joy!"