



Macro Nutrition 1, Lesson 2:

Macro Calculations

Macro Calculation Objective

- I understand how to appropriately set customized macros for clients that match their goals.

The Next Step

- Now that we have the calories calculated, the next step is to take the calories and reverse engineer them to determine client macros.

Order of Calculating Macros

1. BMR
2. TDEE
3. Calorie Goal
4. Protein
5. Fat
6. Carbs

Protein Calculations

- How to calculate protein macros:
- Women = 0.6 to 1.0 g/LB in general
 - 0.8 g/LB is ideal to start
- Men = 0.8 - 1.2 g/LB in general
 - 1.0 g/LB is ideal to start
- Personal note:
 - Women: 187g protein max
 - 165g for lifestyle balance
 - Competitor, maximum 200g
 - Men: unless competitor, maximum 300g



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Protein Calculations (continued)

PROFILE	GRAMS PER LB
Average woman	0.6 -1.0 g/LB or 0.45kg
Average man	0.8 -1.2g/LB or 0.45kg
Average woman new to fitness	0.6 - 0.8 g/LB or 0.45kg
Average man new to fitness	0.8 – 1.0 g/LB or 0.45kg
Women 225 lbs+	0.5 - 0.75g/LB or 0.45kg (personal note: 187g protein max, 165g for lifestyle)
Men 260 lbs +	Maximum: 260g protein (unless a competitor, max 300g)
Men and Women: Vegetarian	0.4 - 0.5g/LB or or 0.45kg

Protein & Body Fat %

- Starting at a higher BF%?
 - Aim for the lower end of the protein range
- Starting with a lower BF%?
 - Aim for the higher end of the range. If you are somewhere in the middle starting with 0.8 g/lb is a great default and work towards 1.0g/lb
 - Carb & Fat Replacement
- Muscle maintenance
- Gen Pop
 - 0.6-1.0 g/LB
 - Work up from lower protein to desired protein
 - Protein study
 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4022420/?fbclid=IwARono%20mx7O2zyUpjC10Ozkxkja2scNfzs4_JFutXn2RV3krWSjM71k-n8hpQ

Protein Calculation Example

- PROTEIN (FIRST):
 - 1. Female
 - 2. Age: 30 years
 - 3. Height: 5'7
 - 4. Weight: 165lbs



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- Protein Goal = 0.8 g/lb
- $165\text{lbs} \times 0.8\text{g/lb} = 132\text{g protein per day}$
- Protein calories = $132 \times 4 = 528$ protein calories

Fat Calculation

- How to calculate fat macros (SECOND):
 - Percentage of the daily calorie goal
 - 25-40% of total calories for the day
 - 28-30% is ideal
 - *Start with 30%
 - Minimums = 0.25g/lb for women and men* (40g and 60g minimum respectively) for hormonal health

Fat Calculation Example

- Calculate Fat Macros:
 - Female
 - Age: 30 years
 - Height: 5'7
 - Weight: 165lbs
- Goal = 30% of calories as fat
- $1702 \text{ deficit calorie goal} \times 0.30 = 511 \text{ calories of fat per day}$
- Fat calories = $511 / 9 = 57 \text{ g fat per day}$
- 132g P and 57g F so far

Carb Calculations

1. How to calculate carb macros (THIRD):
 - a. Total calories for your goals - [(protein macros \times 4) - (fat macros \times 9)] = calories left over for carbs
 - b. Calories left over for carbs / 4 cals = carb macros in grams • Minimum = 0.5g/ lb

Carb Calculation Example

- Female, Age: 30 years, Height: 5'7, Weight: 165lb, Calorie deficit: 1702
- Total calories - (protein calories) - (fat calories) = calories left over for carbs
- 1702 deficit calorie goal - 528 protein calories - 511 fat calories = 663 carb calories
- $663 \text{ carbs} / 4 = 166 \text{ g Carbs daily}$

FINAL MACROS: 132gP, 166gC, 57gF per day ~1702 calories