

# Macro Mania

## Transcript and video description for Maria's coffee chat, "What the heck is a macro anyway?"

Throughout the video, Maria is on-screen talking, and images and words appear next to her as if she's giving a presentation.

### Overview

The coffee chat starts with Maria on-screen next to the words, "What the heck is a macro anyway?"

Maria says: "Macro is short for macronutrient. These are the nutrients that your body needs in large quantities for the energy it needs to fuel essential body functions and to perform your daily activities. Your body needs a balance of these nutrients to be healthy."

On-screen while Maria is talking appears a word cloud of ways that protein, carbohydrates, and fats are used by the body.

Maria says, "Your 3 macronutrient categories are going to be proteins, fats, and carbohydrates."

On-screen while Maria is talking appear clusters of foods grouped into proteins, carbohydrates, and fats. For proteins, there is meat, fish, and chicken. For carbohydrates, there is milk, grains, vegetables, and fruits. For fats, there is nuts and dairy.

### Proteins

Maria says, "Protein is important for every cell in your body. It's pivotal in making enzymes, hormones, and other body chemicals. It's critical in building your bones, muscles, cartilage, skin, blood, and tissue."

On-screen while Maria is talking is a word cloud with "protein" and all the ways that protein affects the body that she covered in her dialogue.

Maria says, "Focus on lean sources of protein like chicken, turkey, white fish, tuna, Greek yogurt, egg whites, and protein shakes."

On-screen while Maria is talking is "Lean Proteins," with a list below it:

- Chicken
- Turkey
- White fish
- Tuna

- Greek yogurt
- Egg whites
- Protein shakes

Maria says, "Some other proteins, including beef, pork, and salmon are also high in fat, so limit your intake."

On-screen while Maria is talking is "Fatty proteins," with a list below it:

- Beef
- Pork
- Salmon

Maria says, "Unlike carbohydrates and fats, the body doesn't store protein, so you need to eat it regularly. Your body needs a rather large amount of protein--it's generally recommended that you should get around 40% of your daily calories from protein sources."

On-screen while Maria is talking appears a pie chart highlighting 40% protein.

## Carbohydrates

Maria says, "Carbohydrates often get a bad rap, but healthy carbs are an important part of your daily diet. Your brain needs carbs! It runs on glucose, which comes from carbohydrates. Glucose is your body's number one source of energy. If your brain doesn't get enough carbs, your ability to learn, think, and remember things will decrease because your neurotransmitters won't have enough glucose to synthesize properly. Many carbs also contain tryptophan, which helps to produce the "feel good" hormone serotonin. This hormone makes you happy and helps you sleep better. Some carbs like whole grains also tend to contain fiber, which helps with staying regular. You may have heard before that there are "good" carbs and "bad" carbs. In general, good carbs are found in nature and bad foods are found in boxes. There are some exceptions to this rule, like oats, quinoa, legumes, and whole grain cereals."

On-screen while Maria is talking appears a word cloud with "carbohydrates" and all the ways that carbohydrates affect the body that she covered in her dialogue.

Maria says, "Good carbs are loaded with vitamins. Foods like fruits, vegetables, beans, lentils, and whole grains nourish your body more than foods like cupcakes and sugary drinks, which are also primarily composed of carbohydrates. In general, you want to go with high fiber and low sugar. Focus on things like veggies, low-sugar fruits like berries, sweet potatoes, and whole grains. Though fruits are healthy carbs, keep in mind that some--like bananas, apples, melons, and juices--are higher in sugar and should be eaten in lower quantities."

On-screen while Maria is talking is "Healthy Carbs," with a list below it:

- Vegetables
- Fruits
- Whole grains
- Legumes

Maria says, "Processed carbs like breads, tortillas, pasta, sugary cereals, cookies, chips, and candy should be eaten in limited amounts. When sweetening things, choose natural sugars like coconut sugar, monk fruit, stevia, and honey instead of refined white sugar."

On-screen while Maria is talking is "Limit," with a list below it:

- Breads
- Pasta
- Sugary cereals
- Cookies
- Chips
- Candy

Maria says, "You need a lot of glucose to run your body, so it's generally recommended that 35% of your daily calories should come from carbohydrates."

On-screen while Maria is talking appears a pie chart highlighting 35% carbohydrates.

## Fats

Maria says, "Fats help you build healthy cells. They give you energy and build your brain--quite literally. The human brain is 60% fat! Fats are also important in helping you metabolize vitamins, specifically A, D, E, and K. Fats also make hormones, improve your skin health, and protect your organs--including the nerve endings your brain."

On-screen while Maria is talking appears a word cloud with "fats" and all the ways that fats affect the body that she covered in her dialogue.

Maria says, "Like carbohydrates, good fats come from nature and bad fats come from boxes. Focus on nutritious fats like avocado, eggs, unsalted nuts and seeds, salmon, coconut oil, and olives and olive oil."

On-screen while Maria is talking is "Healthy Fats," with a list below it:

- Avocado
- Eggs
- Nuts
- Seeds
- Coconut oil

- Olive oil

Maria says, "Limit butter and animal fats as much as possible, and limit cheese to 1-2 ounces per day or less. Bacon should be a rare treat. Processed fats should be avoided as much as possible."

On-screen while Maria is talking is "Limit these fats," with a list below it:

- Animal fats
- BACON!
- Butter
- Cheese
- Processed fats

Maria says, "It's generally recommended that fats make up around 25% of your daily calories."

On-screen while Maria is talking appears a pie chart highlighting 25% fats.

## Why Macros Matter

On-screen is Maria, with the words next to her: "Why does the macronutrient make-up of food matter"?

Maria says, "All the calories you consume are made up of macronutrients, but all calories are not created equal. 400 calories of French fries and 400 calories of chicken and broccoli are both 400 calories, but the macronutrient makeup is very different between them, so they will fuel your body differently. The more nutritious those 400 calories are, the more efficiently your body can use it."

On-screen while Maria is talking appear photographs of chicken and broccoli and French fries.

## What a Balanced Plan Looks like

On-screen is Maria, with the words next to her: "What does a balanced meal plan look like?"

Maria says, "The macro percentages you aim for depend on your meal plan. Most people work well on a "balanced" meal plan, which is 40% protein, 35% carbohydrates, and 25% fats."

On-screen while Maria is talking appears a pie chart showing a balanced macro plan with 40% protein, 35% carbohydrates, and 25% fats.

Maria says, "There are alternative plans, like vegan, ketogenic, and Paleo, which have different macro percentages, but this is because whole food groups are cut out. Vegan plans have a higher carb and lower protein percentage. Both Keto and Paleo plans have a higher fat macro and much lower carb macro, because most

carbohydrates come from lower-carb vegetables and, in small quantities, fruits. Vegan eliminates meat and dairy from the diet. Paleo and Keto both eliminate grains from the diet, and Paleo eliminates dairy too. Unless you're managing other medical issues like diabetes, PCOS, or thyroid disorders, you'll probably do best to start with a balanced plan. Remember, a balanced meal plan is 40% protein, 35% carbohydrates, and 25% fat."

On-screen while Maria is talking appears the words "vegan," "ketogenic," and "paleo," each with a list underneath.

#### Vegan

- Higher carb
- Lower protein
- No animal products

#### Ketogenic

- Higher fat
- Lower carb
- No grains

#### Paleo

- Higher fat
- Lower carb
- No grains or dairy

Maria says, "When you're choosing which foods to eat, aim for more whole foods. Where your calories come from is important because of the way that different foods fuel your body. The more nourishing your food, the better you'll feel and the healthier you'll be."

On-screen while Maria is talking appears a pie chart showing a balanced macro plan with 40% protein, 35% carbohydrates, and 25% fats.

Maria says, "If you have any questions, feel free to post in the group or send me a private message!"