**How to Properly Divide Our Macronutrients?**

Proteins, fats, and carbohydrates are essential for maintaining a balanced diet, achieving body goals, and promoting overall health. Each macronutrient plays a unique role in the body, and understanding how to balance them can help optimize your energy levels, body composition, and performance.

The word "protein" is derived from the Greek word "protos," which means "first" or "primary."

Proteins: are crucial for building and repairing tissues, including muscles, and are vital for many bodily functions such as enzyme and hormone production. Sources include meat, fish, eggs, dairy, legumes, and nuts. Each gram of protein has 4 calories.

Fats: are essential for energy, supporting cell growth, protecting organs, and keeping the body warm. They also aid in nutrient absorption and hormone production. Healthy fat sources include avocados, nuts, seeds, olive oil, fish, milk, and eggs. Each gram of fat has 9 calories.

Carbohydrates: are the body’s primary energy source. They are vital for brain function and physical activity. Carbs are found in foods like fruits, vegetables, grains, and legumes. Each gram of carbohydrate has 4 calories.

**Determining Your Macronutrient Needs**

The optimal distribution of macronutrients varies based on individual goals, such as weight loss, muscle gain, or maintenance, as well as activity level and metabolic health. Here’s a general guideline:

Calculate Total Caloric Needs: Determine your Total Daily Energy Expenditure (TDEE) to understand how many calories you need to maintain your current weight. You can use our calculator for this, considering factors like age, gender, weight, height, and activity level.

Set Macronutrient Ratios: Based on your goals, adjust the percentage of your daily calories coming from each macronutrient. Once you have your total caloric needs and macronutrient ratios, you can convert these into grams:

For example, if your goal is 2,000 calories per day with a macronutrient distribution of 50% carbohydrates, 30% fats, and 20% proteins:

Carbohydrates: 50% of 2000 = 1000 calories. 1000 / 4 = 250 grams.

Fats: 30% of 2000 = 600 calories. 600 / 9 = 67 grams.

Proteins: 20% of 2000 = 400 calories. 400 / 4 = 100 grams.

It’s not just about the quantity but also the quality of the macronutrients:

Proteins: Focus on lean meats, fish, eggs, dairy, legumes, and plant-based proteins.

Fats: Prioritize unsaturated fats found in nuts, seeds, avocados, and fish. Limit saturated fats and avoid trans fats.

Carbohydrates: Opt for complex carbs like whole grains, fruits, vegetables, and legumes. Avoid refined sugars and processed carbs.

Track your food intake and monitor how your body responds. Adjust your macronutrient distribution based on progress and feedback from your body. Tools like our food diary or apps can help you stay on track.

Conclusion.Properly distributing your macronutrients is a key component of a balanced diet and achieving specific health and body goals. By understanding your individual needs, setting appropriate macronutrient ratios, and choosing high-quality food sources, you can optimize your nutrition and support your overall well-being.

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