



Spartan Nutrition: All About Macros

What is a Macro?

- Macros is short for Macronutrients
- Macros are Protein, Fat, and Carbohydrates

Carbs:

- What are they?

Carbohydrates are a macronutrient that provides a rich source of energy for muscles and the brain during activity.

- Why Do I Need Them?

The body breaks down carbs into glucose for energy.

- How much do I need?

Low intensity activity day: 3-5 g/kg

Moderate exercise (1 hour/day): 5-7 g/kg

High Intensity (1-3 hours of training/day): 6-10 g/kg

Extreme: 4-5 hours/day (2x/day): 8-12 g/kg

Examples:

- Some good sources of carbs are:

Whole wheat bread, bagels, muffins, oats

Brown rice, whole wheat pasta, quinoa

Beans, yams, potatoes

Fruit and vegetables

Protein:

- What are they?

Protein is the building blocks for muscles. It is an essential nutrient made from 20 amino acids.

There are 4 calories per gram of protein.

- Why Do I Need Them?

Your body uses protein to build muscle, recover from training, for skin and hair health, and heal injuries.

- How much do I need?

Athletes should consume anywhere from 1.2-2.0 g/kg of bodyweight. The harder your training is, the more protein you need to consume. Make sure to eat protein throughout the day, every 3-4 hours (or at each meal).

Examples:

- Good sources of protein are:

Lean Meats- Beef, pork, lamb

Poultry- chicken, turkey, duck

Fish- salmon, tuna, shrimp, halibut, tilapia, cod

Eggs

Cottage cheese

Greek yogurt

Nuts & seeds (also high in healthy fats)

Protein powders- whey, casein, vegan

Beans- kidney, black, pinto

Quinoa (mainly a carb source, but higher in protein)

Fats:

- What are they?

Fats are an organic compound that are important for cell structure for muscle and immune cells. Fats can be categorized as Trans, Saturated, Monounsaturated, or Polyunsaturated depending on their structure.

- Why Do I Need Them?

Fats can be used as a source of energy for the body. They are more calorie dense than carbs or protein (9 cal/gram vs 4 cal/g). Your body uses fat for cell function, brain function, decreasing inflammation, heart health, synthesizing Vitamin D, as carrying fat-soluble vitamins throughout your body.

- How much do I need?

The amount of fats needed is around 30% or less of overall calorie intake. You should aim for around 0.5-1 g/kg of bodyweight.

Examples:

Trans: Deep fryer grease, packaged foods (cakes, cookies), fast food

Saturated: Butter, cream, cheese, meat

Monounsaturated: Nuts, avocado, canola oil, olive oil

Polyunsaturated: Sunflower seeds, walnuts, fish (ie. salmon)

Have Questions/Want to Know More?

- Email Cole: Cole.Hergott@twu.ca