

Transformation Program



The Big 3 Macro's - Carbs, Fats, Proteins

Nutrients are needed for growth, metabolism, and for other vital functions. "Macro" means large, so macronutrients are needed in large amounts.

Macronutrients are needed for survival as they provide us with energy.

Carbohydrates provide 4 calories per gram.

Protein provides 4 calories per gram.

Fat provides 9 calories per gram.

Carbohydrates

Carbs are the macronutrient that we need in the largest amounts. Most people get plenty of carbs in their diet but often the **WRONG** kind of carbs.

The average person consumes large amounts of breads, pasta, crackers, cereals, sweetened yogurt etc - all processed carbs that throw off our blood sugar.

The carbs we want to focus on are found in vegetables, fruit, beans/legumes and whole grains. These choices are more natural, are high in fibre and high in vitamins and micronutrients.

45% - 65% of the total number of calories you consume should come from carbohydrate.

The Institute of Medicine has determined that we need this amount of carbohydrate because carbohydrates are the body's main source of fuel.

All of the tissues and cells in our body can use glucose, the basic carbohydrate molecule, for energy.

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Protein

Most of us get plenty of protein, and meet the 10% - 35% of total calories that is recommended.

We need protein for growth, tissue repair and immune function. Adequate protein intake also helps preserve lean muscle mass. When carbohydrate is not available, the body can use protein as a “last resort” fuel.

Protein is found in meats, poultry, fish, dairy, nuts/seed and beans/legumes.

There many vegetarian options for protein such as; soybeans, tofu, lentils, tempeh, hemp seeds, kidney beans, chickpeas, quinoa, peanut butter, almonds, oatmeal and even broccoli.

Fat

Fat is essential for survival.

Despite it's bad rap, we need 20% - 35% of our total calories to come from fat. It's all about choosing the healthy fats – poly- and monounsaturated fats.

Saturated fat from coconut is also very beneficial for your health

Avoid trans fats from processed foods!

The healthier fats are found in fish, seeds, nuts, and certain fruits and vegetables.

Fats are very calorie dense (see above). One gram of fat has 9 calories. We do not need large quantities of fat to meet our daily requirements but we should have it regularly throughout the day to balance our hormones.