

# MACRONUTRIENT GUIDELINES

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## MACRONUTRIENT RATIOS: A STARTING POINT

Each individual’s ideal carbohydrate, fat, and protein intake will vary based on activity level, goals, digestive health, age, etc. As a basic starting point, we recommend starting with the following ranges, and adjusting as needed to fuel function, support metabolic flexibility, and ensure satiety:

Carbohydrate Range	Fat Range	Protein Range
22-40% of calories	25-60% of calories	19-35% of calories

### Carbohydrates

Carbohydrate needs are highly bio-individual, and vary significantly based on one’s activity level, insulin sensitivity, digestion status, etc. As a basic starting point, clients should aim for 22% to 40% of calories to come from carbohydrates, mostly in the form of brightly colored vegetables.

### Fats

Fat is a vital building block and source of energy in the body. Just like with carbohydrates, each individual’s daily fat needs will vary based on age, activity level, goals, digestion status, etc. However, as a basic starting point, clients should aim for 20% to 60% of calories to come from healthy fats. Then adjust this percentage based on one’s individual needs.

### Proteins

Given its myriad roles in the body, it is critical to consume enough protein each day. As a basic starting point, we should aim for 19% to 35% of calories to come from protein, or 0.8 to 1.2 grams of protein per kilogram of lean body weight. However, our daily protein intake should be tailored to our physiological needs, goals, activity, satiety levels, and digestion status.

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## HEALTHY MACRONUTRIENT SOURCES

Healthy Carb Sources	Healthy Fat Sources	Healthy Protein Sources
<ul style="list-style-type: none"> <li>▶ <b>Vegetables &amp; Fruit:</b> Local, in-season vegetables and fruits, with an emphasis on whole foods (avoid juices to retain fiber). Choose organic when possible, especially when consuming skins.</li> <li>▶ <b>Tubers &amp; Squash:</b> Local, in-season sweet potato, yams, taro, plantains, pumpkin, parsnips, rutabaga, etc. Organic is preferable, especially if eating the skins. Especially important for active, pregnant, or breastfeeding individuals.</li> <li>▶ <b>Grains &amp; Legumes:</b> Whole, organic, and properly prepared grains and legumes such as wild rice, quinoa, black beans, chickpeas, etc. Only consume if well tolerated and preferably after being soaked, sprouted, or fermented.</li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>Omega-3s (Polyunsaturated):</b> Wild-caught fish &amp; oils (e.g. mackerel, salmon, cod, herring, sardines &amp; anchovies), egg yolks, walnuts, and natto.</li> <li>▶ <b>Omega-6s (Polyunsaturated):</b> Organic, unprocessed nuts &amp; seeds (e.g. pistachios, pumpkin &amp; sunflower), and cold-pressed oils from blackcurrant, evening primrose, sunflower, sesame &amp; flaxseed.</li> <li>▶ <b>Omega-9s (Polyunsaturated):</b> Organic olives, avocados, almonds, hazelnuts, and macadamia nuts, and cold-pressed oils from each.</li> <li>▶ <b>Saturated:</b> Organic virgin coconut oil and fats from pasture-raised animals (e.g. beef, pigs, lamb, bison, buffalo, elk, goat, etc.).</li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>Seafood:</b> Wild-caught fish &amp; seafood, preferably lower on the food chain (e.g. sardines &amp; anchovies) to avoid bioaccumulation of heavy metals.</li> <li>▶ <b>Meat:</b> Organic, 100% grass-fed, pasture-raised ruminant animals (e.g. beef, pork, lamb, bison, buffalo, elk, goat, etc.).</li> <li>▶ <b>Poultry &amp; Eggs:</b> Organic, 100% pasture-raised poultry &amp; eggs (e.g. chicken, turkey, duck, etc.).</li> <li>▶ <b>Dairy:</b> Organic, raw, full-fat, 100% grass-fed or pasture-raised milk products (e.g. cream, milk, cheese, cottage cheese, etc.). Only consume if well tolerated.</li> <li>▶ <b>Nuts, Seeds &amp; Legumes:</b> Organic soaked &amp; sprouted nuts, seeds, and legumes if tolerated.</li> </ul>

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## MACRONUTRIENT RATIOS: FINE-TUNING

Use the following criteria to help determine appropriate, bio-individual macronutrient ratios. 1 to 3 hours after each meal, review the following table and note your findings in the “Energy & Mood” column of your *Food & Mood Journal*.

Category	Right Macronutrient Ratio	Wrong Macronutrient Ratio
<p><b>Appetite, Fullness, Satisfaction, and Cravings</b></p>	<ul style="list-style-type: none"> <li>▶ You feel full and satisfied.</li> <li>▶ You do not have sweet cravings.</li> <li>▶ You do not desire more food.</li> <li>▶ You do not get hungry soon after eating.</li> <li>▶ Do not need to snack before next meal.</li> </ul>	<ul style="list-style-type: none"> <li>▶ You feel physically full, but are still hungry.</li> <li>▶ You don't feel satisfied.</li> <li>▶ You feel like something was missing from the meal.</li> <li>▶ You have a desire for sweets.</li> <li>▶ You feel hungry again soon after the meal.</li> <li>▶ You need to snack between meals.</li> </ul>
<p><b>Energy Levels</b></p>	<ul style="list-style-type: none"> <li>▶ Your energy is restored after eating.</li> <li>▶ You have strong energy and a long-lasting sense of wellbeing after your meal.</li> </ul>	<ul style="list-style-type: none"> <li>▶ You experience low energy, fatigue, exhaustion, drowsiness, or lethargy.</li> <li>▶ You experience listlessness or sleeplessness.</li> <li>▶ You become hyper, jittery, shaky, or anxious after your meal.</li> <li>▶ You feel hyper but exhausted underneath.</li> </ul>
<p><b>Mental &amp; Emotional Wellbeing</b></p>	<ul style="list-style-type: none"> <li>▶ Improved well-being.</li> <li>▶ Feel refueled or restored.</li> <li>▶ Uplift in emotions.</li> <li>▶ Improved clarity of mind.</li> <li>▶ Normalization of thought processes.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Mentally slow, sluggish, or spacey.</li> <li>▶ Inability to think clearly and quickly.</li> <li>▶ Overly rapid thoughts.</li> <li>▶ Inability to focus.</li> <li>▶ Hypo-apathy, depression, or sadness.</li> <li>▶ Hyper-anxiety, obsessive behavior, fearfulness, anger, or irritability.</li> </ul>

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