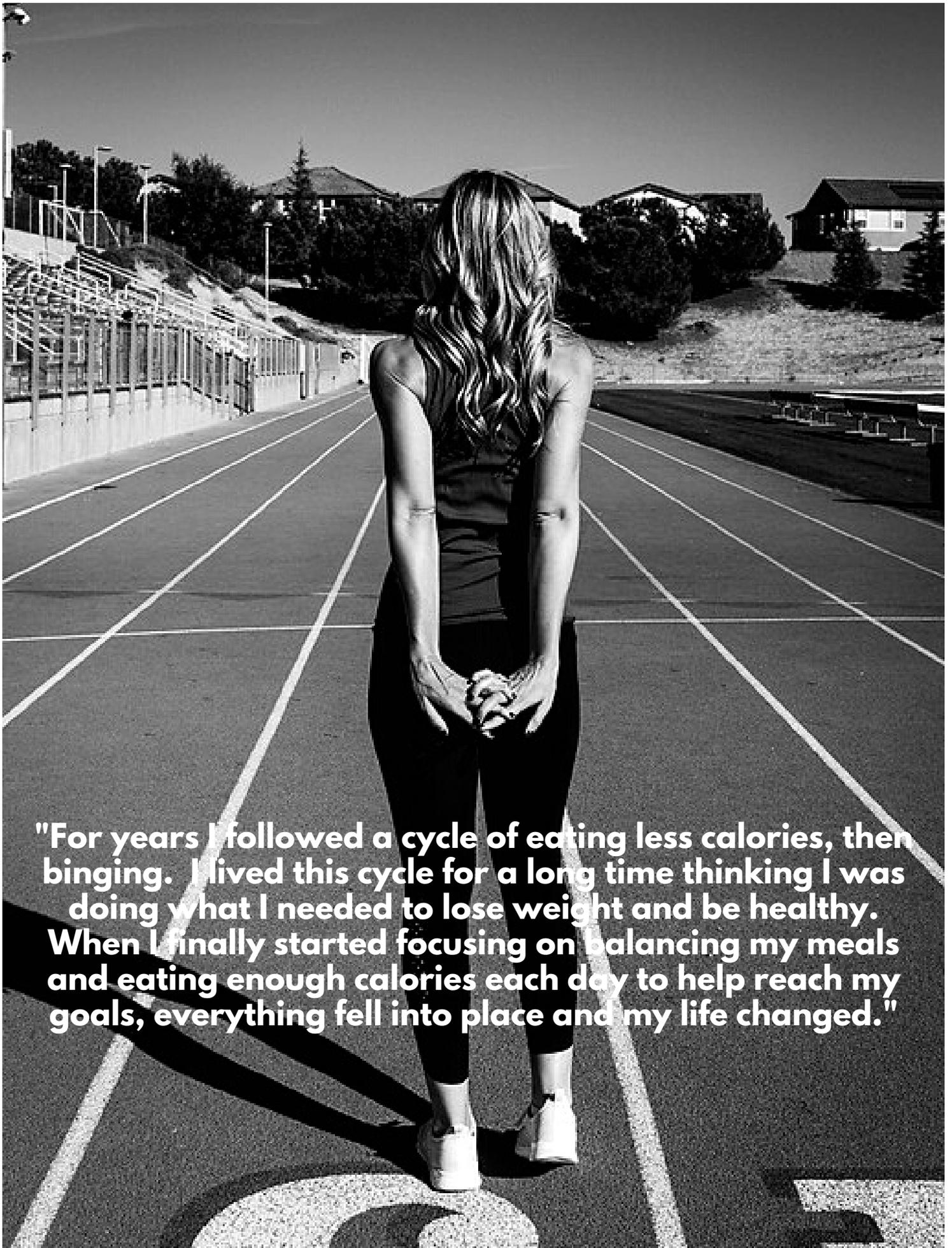


A woman with long, wavy blonde hair and a friendly smile stands in a bright kitchen. She is wearing a white, short-sleeved top with ruffled shoulders and blue jeans. She is holding a black and white Ninja blender filled with fresh ingredients like blueberries, raspberries, and green leafy vegetables. In the foreground, there is a white bowl of raspberries and a glass of water on a granite countertop. The background shows white kitchen cabinets and a stainless steel oven.

# Macronutrient Basics

A guide to the basics of Macronutrients



**"For years I followed a cycle of eating less calories, then binging. I lived this cycle for a long time thinking I was doing what I needed to lose weight and be healthy. When I finally started focusing on balancing my meals and eating enough calories each day to help reach my goals, everything fell into place and my life changed."**



# What are Macronutrients

Macronutrients make up the caloric content of food. There are three categories, Proteins, Fats, and Carbohydrates. Each food has one or more of these “macros” in it.

Protein = 4g per calorie  
Carbs = 4 grams per calorie  
Fat - 9 grams per calorie

Each macronutrient will be very different in the way the body process' the foods, so it's not enough to merely count calories. By “counting macros” you are ensuring that your body gets exactly the right amount of overall calories, but more specifically the correct ratio of protein, fat, and carbohydrates per day to help you reach your goals.

The right amount of each macro, will determine whether you are building or losing muscle, gaining or losing fat. Meal plans should have a good balance of all three macros. When your diet is too low in protein you could end up losing muscle instead of fat, which can result in a lower metabolism. If you aren't getting enough carbs you may be very low in energy, and if you are too low in fats you might suffer from hormonal imbalances. If carbs or fats are too high you may not see fat loss results. So it's important to get them balanced which you can do through macro tracking.

# Macro Balance

Below is a breakdown of the three types of Macros. Proper nutrition and knowledge of macros will help you reach your fitness and nutritoin goals

## ➔ Protein

**Protein is the most essential macronutrient as it's what helps us build and repair muscle.**

It's also the macronutrient that will help to satiate us the most so we feel satisfied and full for a longer period of time. 3/4 of our protein intake should come from whole foods; chicken, fish, and eggs are primary sources. Most people are not getting enough protein. So adding in all that protein might be an adjustment but one that will be beneficial!

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## ➔ Fats

**We've gone from extreme low fat to extreme high fat but for most people the best place to be is in the middle.**

Fats are especially important for women. They help to keep our hormone levels in balance, facilitate vitamin transfer and can provide energy. While fats are a macro that we need to include in our daily diet, it's important to focus on eating good sources of fats. Foods like avocados, olive oil, coconut oil, nuts, etc.

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## ➔ Carbohydrates

**Carbohydrates are the macronutrient that will give us the most energy.**

There are two types of carbs: Simple and Complex. Simple Carbs are easily digested and provide us with quick energy. Think sugar, candy, fruit, soda, etc. Complex carbs are more nutritious than simple carbs, take longer to digest and are higher in fiber so they keep us full longer. Think whole grains, vegetables, oats. It is important that we focus on the majority of our carbohydrates coming from complex carbs.





# Macro Tracking

Your macronutrient breakdown will vary based on your goals and lifestyle. Someone who is working out 5-6 days a week with the goal of burning fat and building muscle is going to need more carbs and protein. Someone who is more sedentary with a strict fat loss goal is going to need less carbs and more proteins. With that said, the average macronutrient breakdown for a fairly active, healthy person would be 45-50% carbs / 20-30% fats / 25-35% protein.

To get started counting macros, you first need to determine your calorie needs based on your height, weight, age and activity level.

Once you have determined your calories and macronutrient ratios, it becomes like a puzzle! Choosing the right foods to eat based on what your macronutrient grams and calories are. If you focus on eating whole foods, lining up your plate with veggies, lean proteins and healthy fats, you'll have an easier time hitting your target.

The easiest way to count and track your Macros will be by using an app called My Fitness Pal. If you're not familiar with it already, it's a wonderful tool that you can input your food into and track your calories and more importantly your macronutrients. It has a very extensive database of foods so you won't have to spend too much time entering in the foods you eat. It's important before you start tracking your macronutrients, to figure out how many calories your body needs to function properly. There are several online calculators you can use but the best way is to have a professional help you determine your specific needs. If you're interested in having someone help you figure out how to best fuel your body through macro tracking, head over to my information page to learn about my current offerings.

# Meet Giselle

Hi there!

My name is Giselle Schroer. I'm a NASM certified personal trainer, AFFA certified group fitness instructor, NASM certified nutrition coach, Precision Nutrition Certified Nutrition Coach, certified macronutrient coach and hold a Bachelors degree in education. It is my true passion to help women get fit and healthy to ultimately live their best life possible.

From personal experience with eating disorders, body dysmorphia, hypothalamic amenorrhea, pregnancy loss and anxiety, I understand the difficulty of balancing healthy living. This is why it has become my mission to help women find a nutrition and workout routine that works for them. My philosophy on training and nutrition is that everyone is unique and there is no one size fits all fitness and nutrition program. I want my clients workouts and nutrition to be effortless, satisfying, and maintainable for the long term while helping them reach their goals! I believe in balancing healthy foods with foods you love to enjoy in order to live a sustainable lifestyle that works for you.

Besides being a personal trainer and coach at Kaia Fitness in Roseville, I'm a wife to my husband Brandon and mom to two little boys, Ayden and Jax. They are my world and keep me active on a daily basis. I love spending time with my family, traveling, being outdoors, drinking good wine and eating good food!

Thank you of taking the time to get to know me! If you need anything at all please never hesitate to reach out!  
[Gisellesfitness.com](http://Gisellesfitness.com)

xoxo ~ Giselle





I believe the key to health and longevity is to eat a healthy diet filled with macronutrients and micronutrients while still enjoying the foods you love to enjoy.

GISELLE S. FITNESS

~ Giselle