



All About Macros

Healthy eating doesn't have to be hard!

There are 3 different macronutrients (or macros for short): Carbohydrates, Proteins, and Fats. These are all necessary for a healthy, balanced diet, but foods don't normally fall strictly into one category or the other - they can be a combination of 2 of the macronutrients or all 3!

Carbohydrates

Carbs can get a bad rap, but they can be very beneficial in any nutritious diet. Carbs can be broken down into either starches, sugars, or fiber. Most processed foods can be high in carbs (particularly added sugars), but low in other nutrients. This can lead to varying energy levels throughout the day and a constant state of hunger.



Proteins

Protein is found in many foods, not just meat. However, the most protein-dense foods tend to be animal products and byproducts. There are 20 unique amino acids that make up protein, 9 of which are essential. These 9 essential amino acids must be consumed as the body is unable to produce them itself. No matter your health goals, protein plays a major role and should be consumed in an adequate manner.

Fats

Fat nutrients help with hormone production and transportation, vitamin absorption, brain function, and can improve inflammation. However, fat can be easy to overconsume when diets consist of fried or heavily processed foods. Of the different types of fats, it is ideal to consume unsaturated fats and limit the saturated fats.



Are All Calories The Same?

The macronutrients can be further defined by their caloric amount per gram. Proteins and carbohydrates are the same at 4 calories per gram. Fats are a bit higher at 9 calories per gram.

When it comes to using "macro counting," some people choose to follow the IIFYM approach (If It Fits Your Macros). Having a set number of each macronutrient to attain each day, the IIFYM approach is that a gram of carbs can come from an M&M or a vegetable. However, Brooks Corporate Wellness doesn't support this approach. We believe that eating whole foods is better since you will be able to better consume your MICRONutrients as well (vitamins and minerals contained in foods).

Not only do we want to achieve a healthier body, but we want our bodies to function and perform at their highest potential. This isn't to say that we don't support eating a piece of pie every once in a while, but if we focus on putting "good" into our body, we are more likely to get "good" out.

Tips on Getting Started

Keep it simple. In the beginning focus on foods rather than complex meals.

Divide and conquer. Try dividing up your macronutrient goals evenly for each meal.

Pre-plan and pre-log. By doing this, you are able to save a lot of time and make adjustments as needed before waiting until the end of the day.

Carbohydrates



1 gram = 4 calories

Focus on whole, minimally processed sources of carbs that have a lot of micronutrients and fiber.

Eat More

- Beans and lentils
- Oats (steel-cut, rolled, and old fashioned)
- Vegetables
- Buckwheat
- Quinoa
- Rice (whole-grain, black, wild)
- Sorghum
- Farro
- Millet
- Potatoes (regular and sweet)
- Amaranth
- Yogurt (plain non-Greek)
- Kefir (plain)
- Fruit (fresh and frozen)
- Corn
- Barley
- Taro
- Yuca
- Breads (whole or sprouted grain)
- Pastas (whole wheat/grain)

Eat Some

- Couscous
- Rice (white)
- Granola
- Oats (instant or flavored)
- Milk
- Vegetable juices
- Yogurt (flavored)
- Kefir (flavored)
- Pancakes
- Waffles
- Crackers (whole grain)
- Granola bars (oat based)
- Fruit (canned, dried, pureed, unsweetened)
- Honey
- Breads (white)
- Pastas (white)



Eat Less

- Cereal bars
- Fruit juices
- Milk (flavored)
- Molasses
- Syrups
- Jellies
- Fruit (canned, dried, pureed with added sugar)
- Soda
- Crackers
- Sugar
- Pretzels
- Foods with 10+ grams of added sugar
- Chips
- French fries
- Candy and candy bars
- Donuts
- Cookies
- Pastries
- Muffins
- Cakes and pies



Proteins



1 gram = 4 calories

Prioritize fresh, lean, minimally processed sources of protein.

Eat More

- Eggs
- Egg whites
- Fish
- Shellfish
- Chicken
- Duck
- Turkey
- Beef (lean)
- Bison
- Pork (lean)
- Wild game
- Other meats
- Yogurt (plain Greek)
- Tempeh
- Cottage cheese (cultured)
- Lentils and beans



Eat Some

- Cottage cheese (uncultured)
- Meats (medium lean)
- Tofu
- Edamame
- Canadian bacon
- Meat jerky
- Lamb
- Deli meat (minimally processed, lean)
- Sausage (poultry)
- Protein powders
- Pork rinds



Eat Less

- Meats (fried)
- Chicken fingers
- Chicken nuggets
- Chicken wings
- Meat (high fat)
- Sausage (high fat)
- Soy (processed)
- Deli meat (processed)
- Protein bars
- Pepperoni sticks
- Fish (high-mercury)



Fats



1 gram = 9 calories

Aim for a mix of whole food fats such as nuts and seeds, blended whole foods such as nut butters, and pressed oils such as olive and avocado oil.

Eat More

- Extra virgin olive oil
- Walnut oil
- Avocado
- Avocado oil
- Marinades and dressings made with the oils in this category
- Cheese (aged 6+ months)
- Egg yolks
- Seeds (chia, flax, hemp, pumpkin, and sesame)
- Cashews
- Pistachios
- Almonds
- Brazil nuts
- Pecans
- Peanuts
- Peanut butter (natural)
- Olives
- Pesto (made with olive oil)
- Nut butters (made with nuts from this category)
- Coconut (fresh, unprocessed)

Eat Some

- Olive oil (virgin and light)
- Canola oil (expeller pressed)
- Sesame oil
- Flaxseed oil
- Coconut oil/milk
- Peanut oil
- Fish oil
- Algae oil
- Peanut butter (regular)
- Dark chocolate
- Marinades and dressings made with oils in this category
- Cream
- Cheese (aged 0-6 months)
- Nuts (flavored)
- Nut butter (flavored)



Eat Less

- Bacon
- Sausage
- Butter
- Margarine
- Cheese (processed)
- Corn oil
- Cottonseed oil
- Sunflower oil
- Canola oil
- Soybean oil
- Safflower oil
- Vegetable oil
- Hydrogenated oils and trans fats
- Shortening
- Marinades and dressings made with oils in this category
- Fat-rich foods with 10+ grams of added sugar

