

HEALTHY HINTS

Just for the HEALTH of it!™

WEEK TWO-Track your MACROS

What the HECK is a MACRO??? Is it a type of BIG MAC, WHOPPER...???

No...it is tracking the number of grams of PROTEIN, CARBOHYDRATES, and FATS you consume on a particular day!

SO why should I track MACROS?

- You want to be **LEANER**. Every meal will add up (20 calories here, 100 calories there. Before you know it you just blew your day!) if you are paying attention-dial in on your MACROS to have balance and not tip the scale with too much FAT or CARBS!!
- You have no concept of "What is **ENOUGH** Protein?" Shoot for 0.5 to one gram of protein per pound of body weight. And did you know there is a lot of protein in vegetables too? **MOST** of us are **EATING TOO MUCH** protein!

HOW much? Try this: <http://macronutrientcalculator.com/>

1. Enter your daily calories (or use the 'Help Me Find My Daily Calories Needs' feature)
2. Press the Calculate Button
3. Use the sliders or presets to adjust the percentages

App-My Fitness Pal has a PIE GRAPH that will show you what MACROS you ate when you enter in your food diary! Stick to the GOAL!

