



LET'S **GET FIT**

• ALISON PHAN •





Let's Get Fit



What is Macro Nutrition?

A macro diet goes a step further than typical calorie counting. For it, you count the macronutrients, grams of proteins, carbs and fats you're eating within your calorie goal, and in what ratios.

This strategy can help you make smart food choices. For example, instead of a 200-calorie snack of Oreos, you'd need to choose a protein and healthy-carb packed snack to meet your macros, one that wouldn't just help you restrict your calories but will help give your body the fuel it needs.

lifym = If it fits your macros. Flexible dieting does not necessarily mean don't eat that oreo. However, you can work around it. Allowing yourself small treats as rewards.



Table of Contents

Different Types of Macros Nutrition	06
Beginning Steps into Macro Nutrition	08
Why Pick Macros?	
Alittle Back Story	
Ketogenic Macros	18
Why Pick Ketogenic?	
Alittle Back Story	
Success Stories	
Vegan Macros	26
Why Pick Vegan?	
Alittle Back Story	
Success Stories	
What's Next	34



Different Types of Macros

There are three distinct types of macro nutrition. Picking the right one for you can be just as much confusing as sticking to the diet.

The most common way of calculating macros is having equal parts of carbohydrates, fats, and proteins to make up your nutritional value.

This is a great beginning step into Macro Nutrition.

As you count your macros you learn more about how your body breaks down; carbs, and fats. There you can see if a high fat diet (Keto) or high carb diet is right for you. Everyone is different, therefore, their experiences may differ from your own. This leaves room for experimentation.

Ketogenic

The ketogenic diet is a high-fat, adequate protein, low-carbohydrate diet that in medicine is used primarily to treat difficult-to-control epilepsy in children. The diet forces the body to burn fats rather than carbohydrates.

Many people have adapted the diet to work with weight loss/fat loss by using fats instead of carbs, as an energy source.

Some side-effects can be:

- Dizziness & Drowsiness
- Low Blood Sugar
- Cravings for Sugar
- Constipation or Diarrhea
- Smelly Breath
- Muscle Cramps
- Flu-Like Symptoms (Within the first 2-4 days diet)

Vegan

Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals.

Depending on how your body breaks down carbs, veganism maybe the correct choice, whether you are making a lifestyle decision or health. One thing is the carb to protein ratio is on the high side compared to other options.

Some side effects can be:

- Energy & Weight
- Bad state of health
- Digestive problems
- Huge cravings



Beginning Steps into Marco Nutrition





Why Choose Macros?

Macro is short for macronutrient, of which there are three: protein, carbohydrates and fats. All foods are divided up into a combination of these macros, and that's how the calorie content is made up.

Protein and carbs are four calories per gram, and fat is nine calories per gram.

Counting your calories is still important, whether you're trying to lose fat or bulk up, but when it's done in conjunction with counting your macros, that's when you get the best results.

Research has shown that when you have a calorie deficit and keep your protein high, that's when you lose the most weight.



A little Benefits on Macros

In fact, counting macros offers several nutritional benefits. For the dieting newbie, meal planning by counting macros is a good way to get a handle on portion control, says Ariane Hundt, a clinical nutrition coach in New York City. “It helps people understand where their calories come from and what impact they have on the body,”

Plus, it’s totally customizable for your goals and body type, and adjustable according to the macro diet results you’re seeing.

Not only that, a successful macro diet promises to keep hunger at bay, balance your energy levels and curb sugar cravings. Sounds pretty amazing, right?



Protein

Primary Function: To build and repair body tissues and structures.

Protein has been shown to induce a satiety of hunger greater than its caloric content alone. In other words eating more protein helps you to feel more full. Protein is broken down into amino acids and then used in various functions of the body depending on the body’s needs.

Amino acids

Will be preferentially shuttled to the repair and building of new body tissue (muscle) as long as the body is in a positive energy balance (i.e. you’re not starving yourself).

Protein Rich Foods:

- Meat/ Fish
- Eggs
- Nuts

Fats

Primary Function: To fuel the body’s metabolic needs.

The body can switch between primarily burning fat for fuel and glucose (carbs) for fuel. The body can survive without any dietary carbs but cannot survive without dietary fat. Use fat to **fill in** calories that you need after your proteins and carbs. The amount of fat you eat should be tied directly to your level of carb intake.

Recommended Sources of Fats:

- Olive oil
- Coconut oil
- Grass-fed butter
- Grass-fed meats
- Fish
- Fish oil
- Nuts
- Free-range eggs



Carbohydrate

Primary Function: To fuel the body's metabolic needs.

All carbohydrates are broken down in the body as glucose (except for fiber which is not digested at all). The difference between a simple carb(sugar) and a complex carb(starch) is the speed at which your digestive system converts them into glucose. The glycemic index (GI) is a measure of how quickly different foods raise the blood glucose(or blood sugar) levels. A higher GI indicates a faster digesting carb.

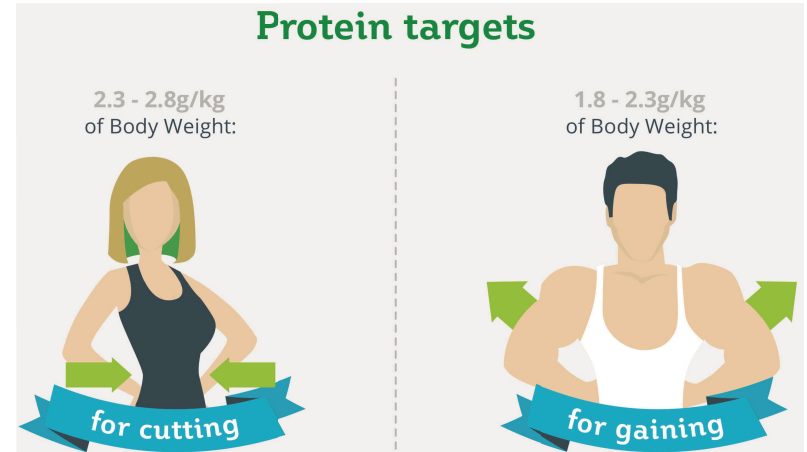
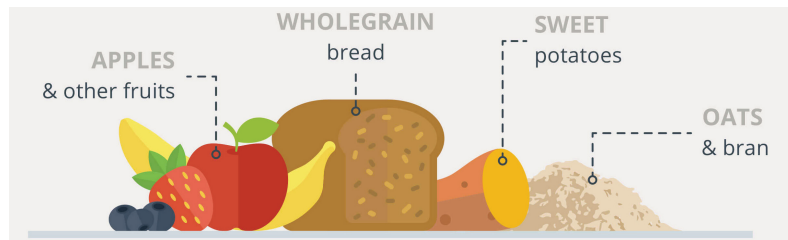
Recommended Sources of Carbs: Yams, squash, sweet potatoes, potatoes, rice, oats, bananas.

Recommended Daily Intake:

15% of daily calories for inactive individuals.

25-40% of daily calories if your goal is to gain weight.

5-20% of daily calories if your goal is to lose fat.



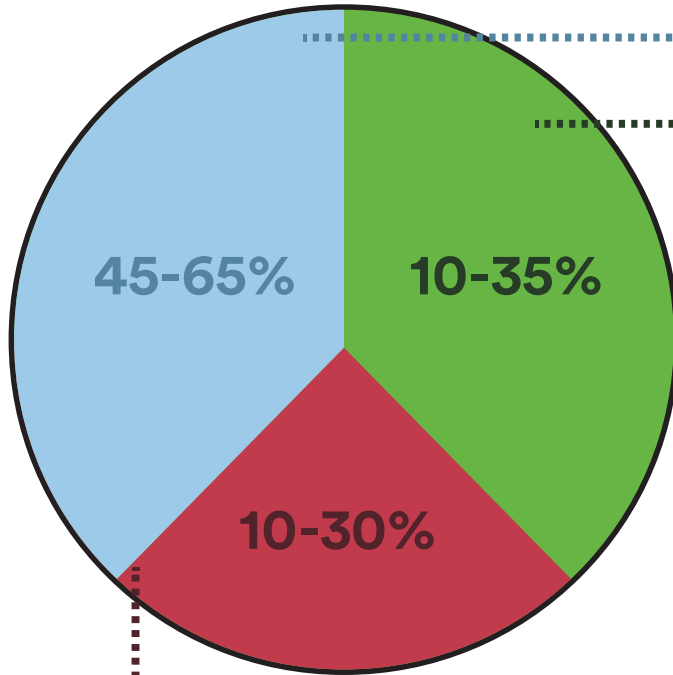
Good sources of protein



Good sources of fats



Combination of Fats, Protein and Carbs



Fats

Primary Function: To fuel the body's metabolic needs.

Recommended Sources of Fats: Olive oil, coconut oil, grass-fed butter, grass-fed meats, fish, fish oil, nuts, free-range eggs. Fat should be used to "fill in" the missing calories based on your goals and daily needs.

Protein

Protein is found in meats, poultry, fish, meat substitutes, cheese, milk, nuts, legumes, and in smaller quantities of starchy foods and vegetables.

People who consume a vegetarian diet can get plenty of protein if they keep a balanced diet.

Currently the USDA recommends 10%-35% of calories in the human diet come from protein. The typical American diet contains more protein than is strictly necessary. Proteins are also important in the diet for many reasons.

Carbohydrates

Carbohydrates are primarily found in starchy foods, like grain and potatoes, as well as fruits, milk, and yogurt. Other foods like vegetables, beans, nuts, seeds, and cottage cheese contain carbohydrates, but in lesser amounts. Carbohydrates can be simple or complex, which refers to their chemical structure. Simple carbohydrates taste very sweet (like fruit sugar), while complex carbohydrates taste savory (like starch in potatoes).

Humans need carbohydrates in the largest amounts. Currently, the USDA recommends that adults get 45-65% of their daily caloric intake from carbohydrates. Carbohydrates are incredibly important to the diet for many reasons.





Ketogenic Macros



Why Choose Ketogenic?

Following a keto diet means paying attention to your macros so you stay in ketosis. While you can find a few online calculators for this, it's more than possible to calculate your optimal ketogenic macronutrients without one.

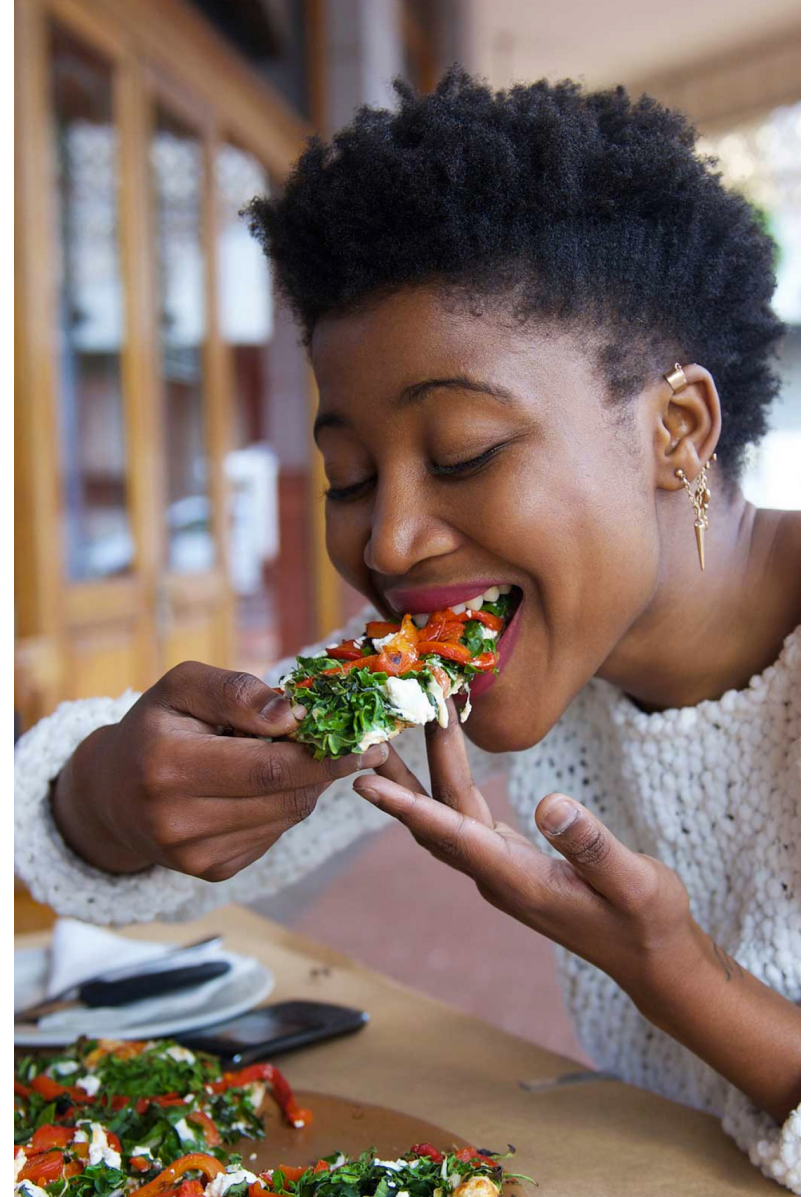
Ketogenic diets are high in fat, adequate in protein and low in carbohydrates. Generally, the macronutrient ratio varies within the following ranges:

60-75% of calories from fat (or even more).

15-30% of calories from protein.

5-10% of calories from carbs.

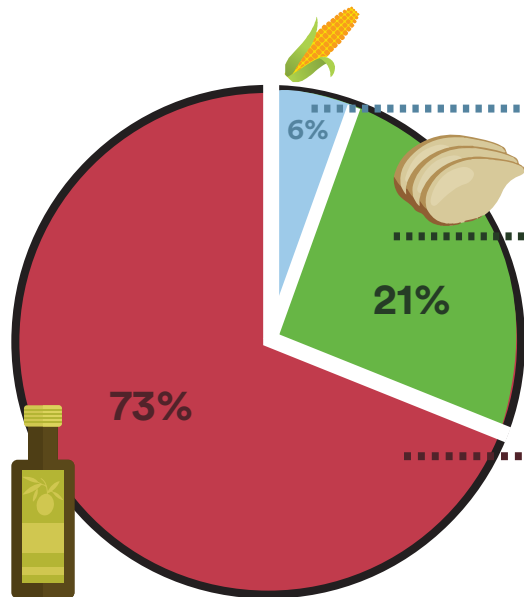
The exact amount of fat and protein is a matter of individual body responses and activity levels.



A little Backstory on Ketogenic

The ketogenic diet was developed in the 1920s to treat...wait for it.. epilepsy. Doctors at the Mayo Clinic in Minnesota noticed that some epilepsy patients who were exhibited signs like low blood sugar or were “starving”, had fewer seizures. So they created a diet meant to trick your body into thinking it’s starving (without the whole not having enough sustenance to live part).

Here’s how it works: Patients follow a meal plan that’s 60-75% fat, 15-30% protein, and 5-10% carbs, which sends their body into a state called ketosis. When they hit this state, their body breaks fat into organic compounds called ketones, which it then uses for energy. Since their body doesn’t have its first choice for energy which are carbs, it acts as though the body is starving.



Results

Below are the calculated macronutrient values to help you achieve your goals. Please keep in mind that these calculations are estimates and small differences won't impair your progress. You likely have different energy requirements every day, so what really matters is the long-term average, e.g. over a week, not your exact daily values.

Maintenance

Maintenance level is the level at which your weight remains stable.

Goals

Below is a range of calorie deficits to help you lose weight. For best results, it is recommended that you opt for a moderate calorie deficit of 10-20%.

What 1760Kcal daily looks like:

Fat	Protein	Net Carbohydrates
144g	92g	25g
1294 kcal	366kcal	100kcal
73%	24%	6%

Cindy's Success Story

I've been overweight my entire adult life. Once I started nearing 50, after many "diets", I was ready to give up. Then I remembered that a few years back, I had started a low-carb lifestyle.

I did lose about 15 pounds and felt better, but I eventually went back to my old ways and packed those 15 pounds right back on. I was unhappy and felt terrible every day. I didn't have any other health issues but was resigned to the fact that I'd be overweight for the rest of my life.



In May of this year (2017) I finally decided to do something about it once and for all. On May 7th, 2017 I started eating low-carb again. I loved it! I was never hungry and I was starting to feel better. After much research I decided to go even lower-carb and found Keto! I couldn't be happier.

Why Did You Join?

Weight Loss and an overall healthy lifestyle. I love a challenge and this one holds me accountable.

How Has KetoDiet Helped?

I feel better today than I did at the start and I know the longer I continue, the better I'll feel everyday.

Shijuana's Success Story

I am a 34 year old mother of 3 little people. I work full time, and lately have been struggling to to control my eating habits. Despite working out quite often (and enjoying it), I tend to turn to food for comfort and just out of boredom, which has caused me to almost binge at times.

I have never had a problem with this in the past, but my husband is currently in residency with one more year, and even though I don't really feel stressed out often, I think I tend to overeat at night because he's not



home quite often, and it just makes me feel better in the moment. I know that I have to get a handle on my eating habits, especially because diabetes and heart disease is on both sides of my family, and because I need to be healthy in order to keep up with my little ones!

Since having my middle child, I have also struggled with bilateral carpal tunnel syndrome, tendonitis, and arthritis in my hands, and have had several rounds of injections along with surgery on one hand. I have tried keto on and off since the beginning of this year, and noticed that everything feels so much better, and I just feel lighter, but then I go back to my old eating habits. I don't want that this time around!.



Vegan Macros





Why Choose Vegan?

For the animals

Preventing the exploitation of animals is not the only reason for becoming vegan, but for many it remains the key factor in their decision to go vegan and stay vegan. Having emotional attachments with animals may form part of that reason, while many believe that all sentient creatures have a right to life and freedom.

For your health

More and more people are turning to a vegan diet for the health benefits: increased energy, younger looking skin and eternal youth are just some of the claims from enthusiastic plant eaters. Well, eternal youth might be a bit optimistic, but there are certainly many scientifically proven benefits to vegan living when compared to the average western diet.





A little Background on Veganism

Veganism has been around much longer. Evidence of people choosing to avoid animal products can be traced back over 2,000 years. As early as 500 BCE, Greek philosopher and mathematician Pythagoras promoted benevolence among all species and followed what could be described as a vegetarian diet.

November 1st is World Vegan Day, a celebration of people who don't eat meat. Or eggs. Or cheese. Or mayonnaise. Or honey. Or whey. Or gelatin. Or anything that comes from or includes an animal.

The meatless lifestyle never really caught on in the West, although it would sometimes pop up during health crazes and religious revivals.

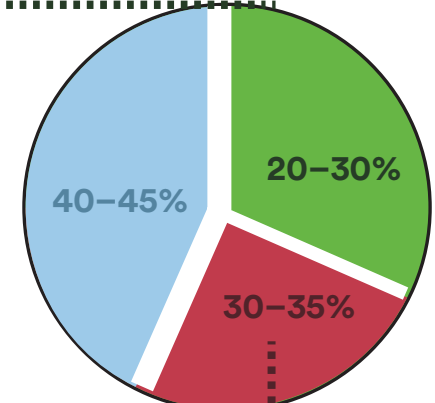
Having Trouble Keeping up your Protein?

This will make hitting your macro targets much more achievable eating whole foods since most plant-based protein-rich foods also come with their fair share of carbs.

For those more interested in building muscle and strength training, a plant-based protein supplement can really help with getting some extra protein in. These supplements have come a long way over the years and there are many brands that taste delicious. Choose a brand that is at least 20-30 grams of protein per scoop and one that's low in carbs and fat.

Macros with a Vegan Diet

For vegetarians and vegans, a more realistic macro ratio would be 25-30% protein 40-45% carbs and 30-35% fat.



Allan's Success Story

My weight hit 274 pounds on my 5'7" frame. I'd tried dieting on my own, including counting points, high protein, low fat, low carb, etc., but whatever weight I lost, I would just put it back on plus a few more for good measure.

It's been 13 months since that start date. I rarely exercise, but my waist went from a 44 to 34, my neck went from 18.5 to 17 inches, and I lost 76 pounds.



My blood pressure normalized and my cholesterol numbers got into a very healthy range. I stopped taking the cholesterol medicine, and sure enough the numbers got even lower!

Why Did You Join?

I wanted to lower my cholesterol, and boost my overall health.

How Has Vegan Diet Helped?

Fruits, vegetables, seeds and nuts are much cheaper per pound than meat, fish and poultry, so it's a win-win! I eat as much as I want and as often as I want and continue to lose weight

Allan's Success Story

Raised on the typical Western diet, my regular fast-food visits had taken a toll on my body.

I converted to plant-based eating in stages, over a few months, the first stage being eating meat just once a week. Daily tracking of my ongoing weight loss and drop in blood sugar numbers provided continuing motivation.

Western Diet	Plant-Based Diet
	
April, 2014	August, 2014
230 lbs	193 lbs
258	139
154	71
Insulin-Dependent Diabetic	Former Diabetic (Off diabetic meds)

In a little over two months, my blood sugar remained in the 80s to 90s range, and I was able to discontinue my insulin.

Why Did You Join?

My quintuple heart bypass surgery in 2007 led to years of taking medications for high blood pressure, high cholesterol, and insulin for type 2 diabetes.

How Has Vegan Diet Helped?

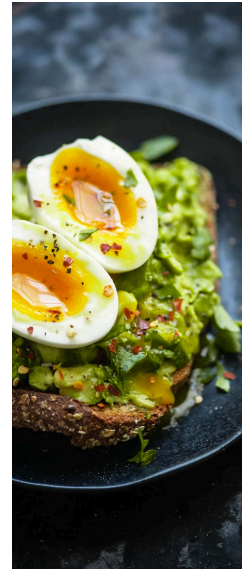
I'd also lost over 35 pounds, which gave me renewed energy and a new outlook on life! Plant-based eating has provided a cure, not just a management program, for diabetes!



What's Next



Let's Get Fit, Together



Resources

<https://ketodietapp.com/>

<https://healthyeater.com/flexible-dieting-vegan-vegetarian>

<https://www.mindbodygreen.com/0-17625/before-after-plantbased-diet-success-stories.html>

<https://www.vegansociety.com/>

Website:

<http://alisonphan.com/>

Invision:

<https://invis.io/KSGTVHS3BGX>

