



# MACROS & SUPPLEMENT GUIDE



# / WHAT ARE MACRONUTRIENTS

Macro nutrients or 'Macros' are a group of nutrients found in food that give us energy.

The three macro nutrients are: Protein, Carbohydrates & Fat. No matter what training plan, lifestyle or diet you have, all three are essential in our diets for a healthy, happy life.

## / PROTEIN

Ok, lets start from the top with protein. Most of us are aware of protein and its importance in the diet. Proteins are made up of amino acids, which are the building blocks of all tissues in your body, including muscles, nails, hair and more! Without adequate amounts, your tissues will not grow correctly and this can cause health complications.

The main benefit of protein is the impact it has on your body's growth and maintenance. For example, if you're actively trying to build muscle, protein is essential, as it will help maintain your muscle mass, while also helping to repair muscle.

Aside from growth and maintenance, there are countless other benefits of protein, including transporting and storing nutrients around the body, keeping you feeling fuller for longer and also boosting the immune system.

# / FAT

Next, we're moving onto fat. Since the 60's people have blamed fat found in foods for the fat around the middle, causing a mass shift in food labels, culture and diets. In excess, too much fat will of course make you put on weight, however fat is essential in the diet and shouldn't be feared.

Fat can help improve blood cholesterol levels, reduce inflammation and is vital in the absorption of fat-soluble vitamins (A, D, E & K). You may wonder isn't fat bad for you, but your body needs some fat from food. It's a major source of energy. It helps you absorb some vitamins and minerals.

Fat is needed to build cell membranes, the vital exterior of each cell, and the sheaths surrounding nerves. It is essential for blood clotting, muscle movement, and inflammation.

People who decide to purposefully increase their dietary fat may find their hunger levels are reduced, consequently stopping unnecessary snacking.

For long-term health, some fats are better than others.

Good fats include monounsaturated and polyunsaturated fats. Bad ones include industrial-made trans fats. Saturated fats fall somewhere in the middle.

# / CARBOHYDRATES

Carbohydrates are not the enemy. Glucose is your body's number one energy source and, you guessed it, carbs contain glucose. So filling up on whole carbs such as veggies, whole grains and nuts is a great way to boost your energy and fuel your day.

Carbohydrates benefit your heart in other ways too! Research suggests that wholegrain carbs, such as breads, pastas, and grains such as quinoa, help reduce your chance of heart disease, while also lowering your cholesterol.

Any exercise between 30 seconds and a few hours will use carbohydrates as its main fuel source.

Carbohydrates are great post-workout, as they directly replenish your glycogen stores, so the energy you've expended during exercise is replenished. After a workout, your body's ability to soak up glycogen is heightened. Make the most of this and get some carbs in your system soon after a heavy gym session so you can benefit.

# / SUGAR CRAVINGS

The solution to life's little problems. An energy kick when we're tired and the ultimate soother when we're stressed. But, if you're giving into your sugar cravings on a regular basis, it can lead to all kinds of health issues, from poor heart health to decaying teeth.

Just like life, your diet should be all about balance. For each meal, aim to consume a balance of macro-nutrients. Protein, carbs and fat all provide a range of benefits and you'll feel fuller for longer too. Eating a balanced diet will also ensure stable blood sugar levels, limiting those annoying sugar cravings.

Add some flavor to your food and, as well as treating your taste buds, you may also reduce those pesky sugar cravings. Spices, such as cinnamon, nutmeg and cardamom, have been proven to benefit your blood sugar stability, which will keep your sugar cravings at bay. Adding flavor to your food will also make your meals more enjoyable, meaning you're more likely to be satisfied after you've eaten.

If you've been tossing and turning all night long, then it's likely that your diet will be a little off the next day. A bad nights sleep can affect the hormones that control your appetite.

You're more likely to cave when your sweet tooth kicks in. Set yourself a regular bedtime, especially during the week, and aim to get the recommended 7-8 hours of shut eye each night.

If your fridge is stocked with sugary goodness then, naturally, you're going to reach for the chocolate in your time of need. If you're trying to cut down your sugar consumption, then don't add sweet treats to your shopping cart. Instead, treat yourself with dessert if you go out for a meal or an ice cream during a weekend walk.

# / SUPPLEMENTATION

## Whey Protein

Protein is the most popular supplement and can be found in many forms. Protein shakes, bars and powders are the main forms. Protein is an important part of our diet and it's key to building and maintaining muscle. If you struggle to eat enough food daily or you have a busy lifestyle... I highly recommend buying protein supplements!

## Creatine

Creatine is the top supplement for effectiveness and cost. It helps to improve your performance in the gym at a cost effective price! Studies have shown that it increases muscle mass, strength and exercise performance. It is recommended that you take 5gs a day.

## Vitamin D

Vitamin D helps your body absorb calcium which is one of the main building blocks of bone. Vitamin D also has a role in your nervous, muscular and immune systems. You can get Vitamin D either through your diet, supplementation or through your skin via exposure to sunlight. Its recommended daily dose of 400-800 IU / 10-20 micrograms.

# / SUPPLEMENTATION

## L-Carnitine

L-Carnitine is a great fat burning supplement. Its an amino acid which is produced in the body. It helps the body turn fat into energy. I recommend putting L-Carnitine in your intra-workout drink to get the greatest benefits from it.

## Fish Oil

Fish Oil is another basic supplement that everyone should be taking. It is mainly found in fresh fish but it can also be taken in capsule and liquid form. It helps treat high cholesterol, kidney disease, high blood pressure and helps to speed up your recovery after training. Pick one that has high levels of DHA/EPA!



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