

Macro tracking

a simple guide

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What are macros?

Macros are short for macronutrients, and they are nutrients that your body needs in large quantities. The three types are carbohydrates, fats and protein.

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Why do you track them?

Tracking ensures that you are meeting the needs of your current goals. Whether it be fat loss, muscle building or maintenance.

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When should you track them?

If you are working towards an aesthetic or health goal, you should be tracking your macros regularly, preferably with the help of an educated person. If not, it is still beneficial to track on occasion, until you have a good understanding of the caloric makeup of most foods you regularly consume.

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Where should you track them?

There are many wonderful apps to track your food. My preference is the MyFitnessPal app.

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How should you track them?

The most accurate way to track your food is by using a food scale. Some apps also allow you to scan barcodes to input foods directly into the app. Make sure to pay attention to whether you're tracking cooked or uncooked foods!