

# Balance your Macronutrients

## WELLBEING JOURNAL

MONTH & YEAR: \_\_\_\_\_

### WHY?

Macronutrients (also called "macros") are nutrients we need in fairly large amounts. They give our bodies energy in the form of calories, and they all play important roles in our bodies.

- *Carbohydrate* is the main fuel source for the body and some sources contain important fiber.
- *Protein* is needed to build cells throughout the body and for many other important functions.
- *Fat* is needed to absorb certain vitamins, and some sources contain essential fatty acids.

Most health guidelines encourage people to aim for 45-65% of calories from carbohydrate, 10-35% of calories from protein, and 20-35% of calories from fat. The exact amounts depend on a person's individual body characteristics, health goals, and medical conditions. We don't have to try to eat exact percentages at each meal, but including all 3 macros at each meal or snack can help us:

- Feel more satisfied after meals
- Have more energy throughout the day
- Reduce food cravings

The specific foods we get our macros from can have a big impact on our health - some foods (like those high in added sugar, salt, and saturated fat) may increase our risks of certain health conditions, while others can benefit our health in major ways.

### HOW?

- Download and print this journal page. Take some time to think about and answer the self-reflection questions. Use your answers and the information on page 2 to set a goal.
- Follow @NutritionFromTheHart on Instagram for tips about balancing your macronutrients.
- Each week, reflect on your progress, and make any adjustments to your goal.
- At the end of the month, do a final reflection and set a goal to continue balancing your macros.

### SELF-REFLECTION

My overall thoughts about carbohydrates, protein and fat:

I typically eat these carbohydrate-containing foods, and this amount per meal:

I typically eat these protein-containing foods, and this amount per meal:

I typically eat these fat-containing foods, and this amount per meal:

Personal challenges when it comes to balancing my macronutrients:

Some ways I can make it easier to balance my macronutrients:

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### CHALLENGE

Set a personal goal about balancing your macronutrients. Ideas include:

- Start a food log to see how much of each you're eating at each meal, and from what foods
- Focus on one macro during each of the first 3 weeks, trying to consume some at each meal or snack, then focus on all 3 together at the end of the month
- Try a new recipe each week that has a good balance of macronutrients
- Focus on choosing sources of macros that also are high in other nutrients like fiber & vitamins

Any goal that challenges you will work. Write it below - then each week, assess if you've reached your goal that week, and make any adjustments that you feel would be beneficial. If you met the goal easily, you might want to add an additional challenge. If it was really difficult, you might want to make it easier. Remember, this is YOUR goal, and it's OK to change it in order to be more successful.

### MY MACRONUTRIENT GOAL:

\_\_\_\_\_

### WEEK 1

How did I do? Should I make adjustments or stay the course?

### WEEK 2

How did I do? Should I make adjustments or stay the course?

### WEEK 3

How did I do? Should I make adjustments or stay the course?

### WEEK 4

How did I do? Should I make adjustments or stay the course?

### FINAL REFLECTION

Did I balance my macronutrients this month? What can I do to continue balancing my macros?