

Protein, Carbs & Fat

Carbohydrates, fats, and proteins are the three primary macronutrients that provide the energy and essential building blocks for your body. Here's a brief overview of each:

- **Protein**

A diet high in lean protein will leave you feeling more satisfied and give your body the important elements it needs to recover from intense workouts. The essential amino acids, found only in protein sources, are essential for a reason! If you're looking to build muscle, you'll want to make 100% sure you are getting enough protein in your diet.

How much do you need? This is a point of contention. Some believe that 0.5 – 0.75g of protein per lb of bodyweight per day is plenty to meet your protein synthesis needs, while other strength coaches and athletes will argue that you can't achieve peak performance without a higher range of 1- 1.5 g. Much research has supported both of these opinions, and I would say it's something you're going to have to experiment with to find the sweet spot for you.

Quality lean proteins come in both animal and plant-based forms including meats, dairy, nuts and some grains and vegetables.

- ✓Lean meats.
- ✓Fish.
- ✓Eggs.
- ✓Dairy products.
- ✓Plant-based sources.
- ✓Nuts and seeds.
- ✓Quinoa, a grain.
- ✓Protein-rich vegetables.



- **Carbohydrates**

We feel that carbohydrates are not a bad thing when eaten as part of a balanced meal plan. Let's take a look at the difference between **two different types** of carbohydrates: **starchy and fibrous carbs**.

We'll look at how your body utilizes them, and how much of each you should be consuming.

✓**STARCHY CARBOHYDRATES**

When you need a fast source of energy, look no further than starchy carbs. These calorie packed macronutrients are primed to help your body power through a workout or any strenuous activity. This makes this form of carbohydrate great for a pre-workout meal or a quick snack, but be careful with your total carb intake! Like other macronutrients, any excess carbs (and especially refined carbs) that are not utilized for short-term energy will quickly and efficiently get stored for long-term energy in the form of fat.

That's one of the reasons the low carb diets craze has gained so much traction. The other reason is that starchy carbohydrates tend to be the foods we want to over indulge in. Breads, pasta, rice,... all are loaded with fast-digesting carbs that are great as a fuel source but can deal up big damage when overconsumed!

✓**FIBROUS CARBOHYDRATES** – Slow your roll, Speed up your gains

Like their cousins the starchy carbs, fibrous carbs can be great concentrated sources of energy. The main difference is that fibrous carbs tend to be higher in dietary fiber. That extra dietary fiber makes them slower to digest so you get a great feeling of satiety, not to mention being great for digestive health! They're also less likely to get converted to fat and cause weight gain because of their higher indigestible insoluble fiber content which can't release excess energy as readily as starchy and refined carbohydrates.

Additionally, fibrous carbs like fruits and vegetables are nutrient-dense foods likely to be higher in vitamins and minerals than starchy carbs which has the additional benefit of helping you meet your micronutrient goals. For those reasons, fibrous carbohydrates can occupy more space on your plate.



Here are some foods that fit into the starchy carbs and the fibrous carbs categories.

- **STARCHY CARBS**

Whole Grains: Foods like brown rice, quinoa, whole wheat pasta, and oats are rich in fiber and nutrients.

Sweet Potatoes: These provide a nutritious source of carbohydrates, vitamins, and minerals.

Legumes: Beans, lentils, and chickpeas are packed with complex carbohydrates, fiber, and protein

Whole Wheat: Foods made from whole wheat, like bread are good choices.

Oatmeal: It's a whole grain with fiber that helps maintain steady energy levels.

Corn: Fresh corn or whole cornmeal is a good source of carbohydrates and fiber.

- **FIBROUS CARBS**

Fruits: Fresh and frozen fruits provide natural sugars and fiber.

Vegetables: Non-starchy vegetables such as broccoli, spinach, and peppers are excellent sources of healthy carbs like Carrots, Lettuce, Pepper, Tomato...etc.



- **Fat**

Everyone pointed to dietary fat as the main cause of coronary heart disease and other related issues.

The fact is, fats are essential to keeping your body healthy and operating at its best. Not only do fats provide long sustained energy, they are also key in helping proper hormone function which is integral when trying to add muscle.

However, much like starchy carbs, fats need to be kept in check. If not, they can tend to...stick around. Simple thermodynamics state that fats are more than twice as calorically dense as carbs and protein on a gram per gram basis (with 4 calories/gram in protein and carbohydrates and 9 calories/gram in fat). This means that if you eat half as much fat as carbs or protein on an equivalent gram basis, you would still be ingesting more calories.

One major benefit fats have over starchy carbs is their ability to fill you up; that's largely due to the more intensive digestion required to break down and convert fat.

When it comes to dietary fat, it's best to stick with the healthiest sources. Here's a list of foods that fall into the healthy fats category:

- ✓Omega-3 Supplement
- ✓Olive, Canola & Flax seed Oil
- ✓Avocado
- ✓Sunflower & Pumpkin Seeds
- ✓Walnuts, Almonds, Peanuts & Cashews
- ✓Olives

The ideal balance of these macronutrients in your diet can vary depending on your individual needs. Make sure to adapt and to study your plate and your body.

In the meantime Lët'z Roar