



INCORPORATING MACROS

Join Arch Amenities Group and our Registered Dietitians as we learn about Macronutrients. Carbohydrates are the first essential nutrient in this four week program.

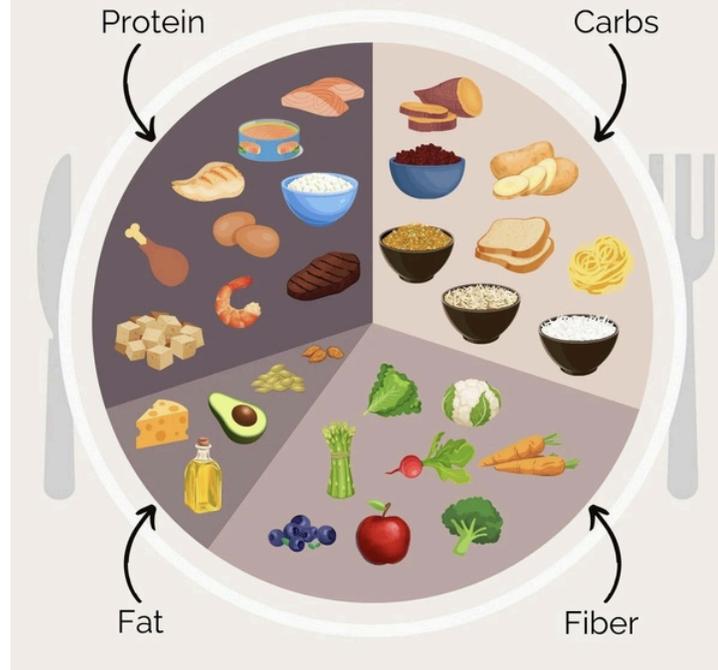
THE BASICS OF BUILDING YOUR PLATE!

- The most nutritionally dense and satiating meals contain a balance of proteins, fats and carbohydrates.
- Meals should also focus on getting enough fiber-rich fruit and vegetables to balance out the starchy ones.
- If you find yourself suffering from energy crashes or feeling ravenously hungry between meals, it may be time to look into how you are building your plate.

UNDERSTANDING PORTIONS

- Protein: Protein should make 10-30% of your daily caloric intake. This can be achieved by focusing on lean meats, tofu, low-fat dairy, beans, nuts and lentils, to name a few. For easy reference each meal should contain a palm sized portion of protein.
- Carbohydrates: Carbs should make up 45-65% of your diet and consist of both starches and fiber. A cupped hand of starch and a fist sized amount of fruits/veggies will help you to incorporate the correct portion of carbs in each meal.
- Fats: 10-30% of the diet should come from healthy fats, avoiding high fat and processed foods. This can be compared to a thumb-sized portion.

How to Create a Balanced Meal



Starch: 1 cupped hand



Fats & Oils: 1 thumb



Veggies: 1 fist



Protein: 1 palm





CARBOHYDRATES

PRACTICAL APPLICATION

While we want the majority of our carbs to be complex carbs, simple carbs have their place too

1. When to use simple carbs

- Before a workout
- 30-60 minutes before exercise, consume at least 30 g of quick digesting carbs with minimal fiber
- Rice cakes
- Dried fruit
- Banana
- Sports drink
- Cereal
- Fruit snacks
- During a workout that lasts over an hour or if you feel light headed

WHEN TO USE COMPLEX CARBS

When to use complex carbs

Following a workout (or for a regular meal)

Eat a full meal containing complex carbs, fruits and/or vegetables, lean protein and healthy fat within 2 hours of exercise

Oatmeal

Whole grain bread

Quinoa

Brown rice

Potatoes (sweet or white)

As a snack

Since we know fiber and protein help to keep us full, choose a snack that contains both these nutrients

Berries + Greek yogurt or cottage cheese

Fruit + string cheese

Multi-grain crackers and veggies + hummus



CARBOHYDRATES

FIBER

We do not have enzymes that can break down fiber, so they pass through the small intestine undigested, get broken down a little bit by bacteria in the large intestine and ends up forming the bulk of our stool

Fiber is critical because it slows the rate of absorption of simple sugars like glucose in the small intestine so it can help maintain healthy blood sugar levels

Boys/Men

- Ages 9-18
 - 31-38 g
- Ages 19-50
 - 38 g
- Ages 51+
 - 30 g

Girls/Women

- Ages 9-18
 - 26 g
- Ages 19-50
 - 25 g
- Ages 51+
 - 21 g

Sources

- 1 cup cooked broccoli – 5g
- 1 cup peas – 9g
- 1 cup mashed sweet potato – 6g
- ½ avocado – 5g
- 1 cup raspberries or blackberries – 8 g
- ½ beans or lentils – 8 g