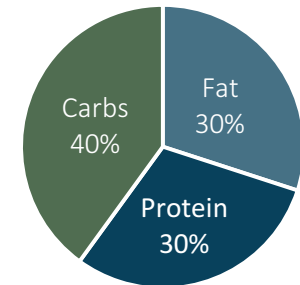


# MACRONUTRIENT GUIDELINES

## Macronutrient Ratios: Starting Point

Each individual's ideal fat, protein, and carbohydrate intake will vary based on activity level, goals, digestive health, age, etc., but as a basic starting point, aim for 30% of calories from protein, 30% from fat, and 40% from carbs. Then adjust as needed using the tips on the next page to ensure satiety, avoid cravings, support energy needs, and promote wellbeing.



Healthy Sources of Fat	Healthy Sources of Protein	Healthy Sources of Carbs
<ul style="list-style-type: none"> <li>• <b>Omega-3s (Polyunsaturated):</b> Mackerel, salmon oil, cod liver oil, walnuts, chia seeds, herring, salmon (wild-caught), flax seeds, tuna, white fish, sardines, anchovies, natto &amp; pasture-raised egg yolks</li> <li>• <b>Omega-6s (Polyunsaturated):</b> Blackcurrant seed oil, evening primrose oil, sunflower oil, sesame oil, flaxseed oil, pistachio nuts, pumpkin seeds &amp; sunflower seeds</li> <li>• <b>Omega-9s (Monounsaturated):</b> Olives &amp; olive oil, avocados &amp; avocado oil, almonds &amp; almond oil, hazelnuts &amp; hazelnut oil, macadamia nuts &amp; macadamia oil</li> <li>• <b>Saturated:</b> Fats from pasture-raised animals, organic virgin coconut oil &amp; organic palm oil</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Seafood:</b> Wild caught fish and seafood, preferably smaller fish lower on the food chain to avoid bioaccumulation of heavy metals.</li> <li>• <b>Meat:</b> Organic, 100% grass-fed, pasture-raised ruminant animals (e.g. beef, lamb, bison, buffalo, elk, goat, etc.).</li> <li>• <b>Poultry &amp; Eggs:</b> Organic, 100% pasture-raised poultry and eggs (e.g. chicken, turkey, duck, etc.).</li> <li>• <b>Dairy:</b> Organic, raw, full-fat, 100% grass-fed or pasture-raised milk products (e.g. cream, milk, cheese, cottage cheese, etc.).</li> <li>• <b>Nuts, Seeds &amp; Legumes:</b> Soaked and sprouted nuts, seeds, and legumes (e.g. pumpkin, sunflower, almond, walnut, macadamia, pistachios, etc.).</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Vegetables:</b> Eat a wide variety of local, organic, in-season vegetables, aiming to eat as many colors as possible, at least some raw, with an emphasis on leafy green vegetables</li> <li>• <b>Fruit:</b> Always in their whole form (avoid fruit juices), preferably organic (especially when consuming the skin) and in-season*</li> <li>• <b>Tubers &amp; Squash:</b> Active, pregnant, or breastfeeding individuals should include a variety of starchy vegetables, including sweet potato, yams, taro, plantains, pumpkin, parsnips, rutabaga, etc.*</li> <li>• <b>Properly Prepared Grains &amp; Legumes:</b> Only if tolerated and only when properly prepared (i.e. soaked, spouted, or fermented)*</li> </ul> <p>*Those with blood sugar issues, insulin resistance, etc. should limit consumption of fruit, starchy vegetables, grains &amp; legumes.</p>

# MACRONUTRIENT GUIDELINES

## Macronutrient Ratios: Fine-Tuning

1-3 hours after each meal, review the following and note your findings in the “Energy & Mood” column of your *Food & Mood Journal*.

Category	Right Macronutrient Ratio	Wrong Macronutrient Ratio
<b>Appetite, Fullness, Satisfaction &amp; Cravings</b>	<ul style="list-style-type: none"> <li>You feel full and satisfied.</li> <li>You do not have sweet cravings.</li> <li>You do not desire more food.</li> <li>You do not get hungry soon after eating.</li> <li>Do not need to snack before next meal.</li> </ul>	<ul style="list-style-type: none"> <li>You feel physically full, but are still hungry</li> <li>You don't feel satisfied</li> <li>You feel like something was missing from the meal</li> <li>You have a desire for sweets</li> <li>You feel hungry again soon after the meal</li> <li>You need to snack between meals</li> </ul>
<b>Energy Levels</b>	<ul style="list-style-type: none"> <li>Your energy is restored after eating.</li> <li>You have strong energy and a long-lasting sense of wellbeing after your meal.</li> </ul>	<ul style="list-style-type: none"> <li>You experience an energy drop, fatigue, exhaustion, drowsiness, or lethargy.</li> <li>You experience listlessness or sleeplessness.</li> <li>You become hyper, jittery, shaky, or anxious after your meal.</li> <li>You feel hyper but exhausted underneath.</li> </ul>
<b>Mental &amp; Emotional Wellbeing</b>	<ul style="list-style-type: none"> <li>Improved well-being.</li> <li>Feel refueled or restored.</li> <li>Uplift in emotions.</li> <li>Improved clarity of mind.</li> <li>Normalization of thought processes.</li> </ul>	<ul style="list-style-type: none"> <li>Mentally slow, sluggish, or spacey.</li> <li>Inability to think clearly and quickly.</li> <li>Overly rapid thoughts.</li> <li>Inability to focus.</li> <li>Hypo-apathy, depression, or sadness.</li> <li>Hyper-anxiety, obsessive behavior, fearfulness, anger, or irritability.</li> </ul>