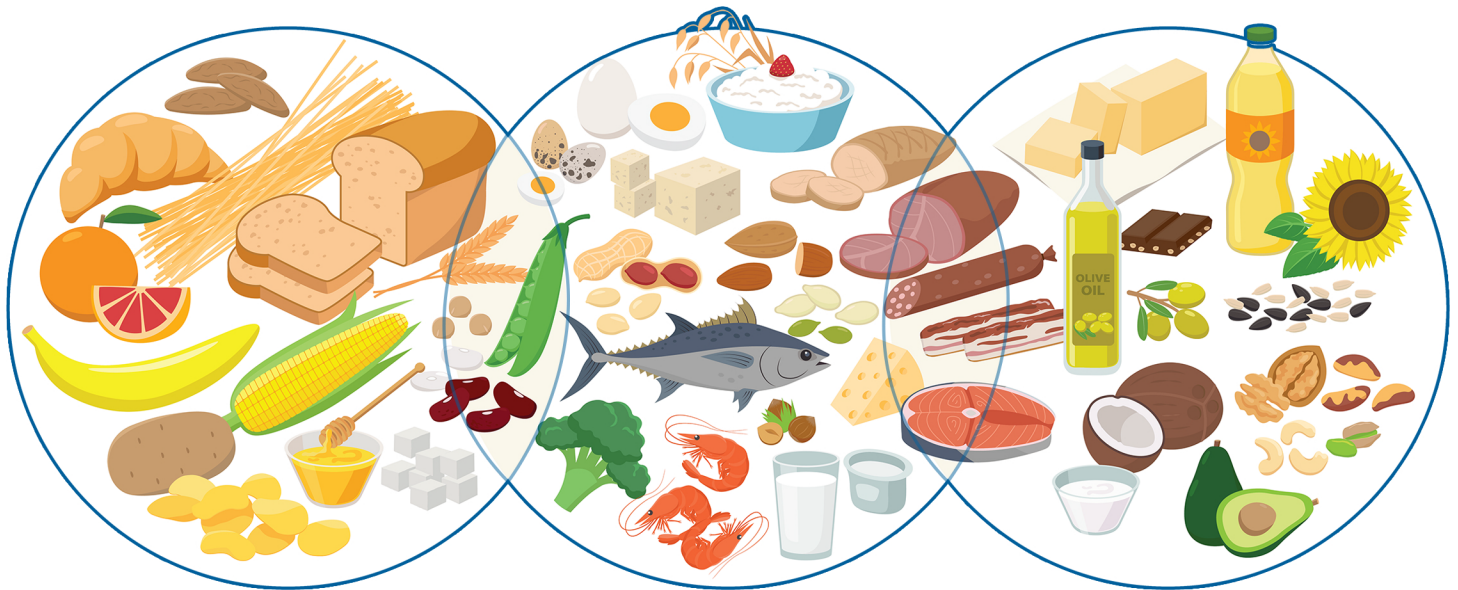


MACRONUTRIENTS



CARBS

PROTEIN

FATS

Carbohydrates

- Carbohydrates are the body's primary energy source.
- **Types:** Focus on complex carbohydrates (e.g., whole grains, vegetables) rather than simple sugars.
- **Impact on Weight Loss:**
 - Reducing carbohydrate intake can lower insulin levels, encouraging the body to burn stored fat for energy.
 - Opt for low-glycemic index carbs that digest slowly, helping to stabilize blood sugar levels and reduce hunger.
- Balance carbs with fiber-rich foods to feel fuller longer and avoid spikes in blood sugar.



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MACRONUTRIENTS

Proteins

- Proteins are essential for building and repairing tissues, including muscles.
- **Impact on Weight Loss:**
 - High protein intake increases satiety, reducing overall calorie intake.
 - Proteins have a higher thermic effect compared to fats and carbohydrates, meaning your body burns more calories digesting protein.
- Include lean proteins (e.g., chicken, fish, tofu) in every meal to maintain muscle mass during weight loss.

Fats

- Fats are necessary for hormone production, nutrient absorption, and overall cellular function.
- **Types:** Choose healthy fats (e.g., avocados, nuts, olive oil) over trans fats and saturated fats.
- **Impact on Weight Loss:**
 - Healthy fats can help you feel satiated, reducing the likelihood of overeating.
 - Incorporating fats into your diet can support sustained energy levels and help you adhere to a calorie deficit.
- Keep fats moderate but not too low, as very low-fat diets can lead to deficiencies and increased hunger.

Balancing Macronutrients for Weight Loss

- **Caloric Deficit:** Ensure you're in a caloric deficit - burning more calories than you consume - while maintaining a balanced intake of macronutrients.
- **Meal Timing:** Spread your macronutrient intake throughout the day to maintain energy levels and manage hunger.



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