

# Calorie Breakdown

## Person

## Calories per day

Women, 19-49 years old

1,800 - 2,400

Women 50 +

1,600 - 2,000

Men, 19-49 years old

2,200 - 3,000

Men 50 +

2,000 - 2,800

Children and adolescents, 2-18 years old

1,000 - 3,200



# Core Health

## Suggested Macro Breakdown

Protein: 40%

Fats: 35%

Carbohydrates: 25%



# Strong

## Suggested Macro Breakdown

Protein: 40%

Fats: 30%

Carbohydrates: 30%



# Fat Loss

## Suggested Macro Breakdown

Protein: 20%

Fats: 75%

Carbohydrates: 5%



# Breaking it down

Example: Based on a 2,000 calorie diet.

## Fats

2,000 cal X 75% = 1,500 calories.  $1,500 / 9 =$  **166 grams of fat daily**

## Proteins

2,000 cal X 20% = 400 calories.  $400/4 =$  **100 grams of protein daily**

## Carbohydrates

2,000 cal X 5% = 100 calories.  $100/4 =$  **25 grams of carbohydrates daily**

