

THE IMPORTANCE OF... MACROS AND MEAL PLANNING

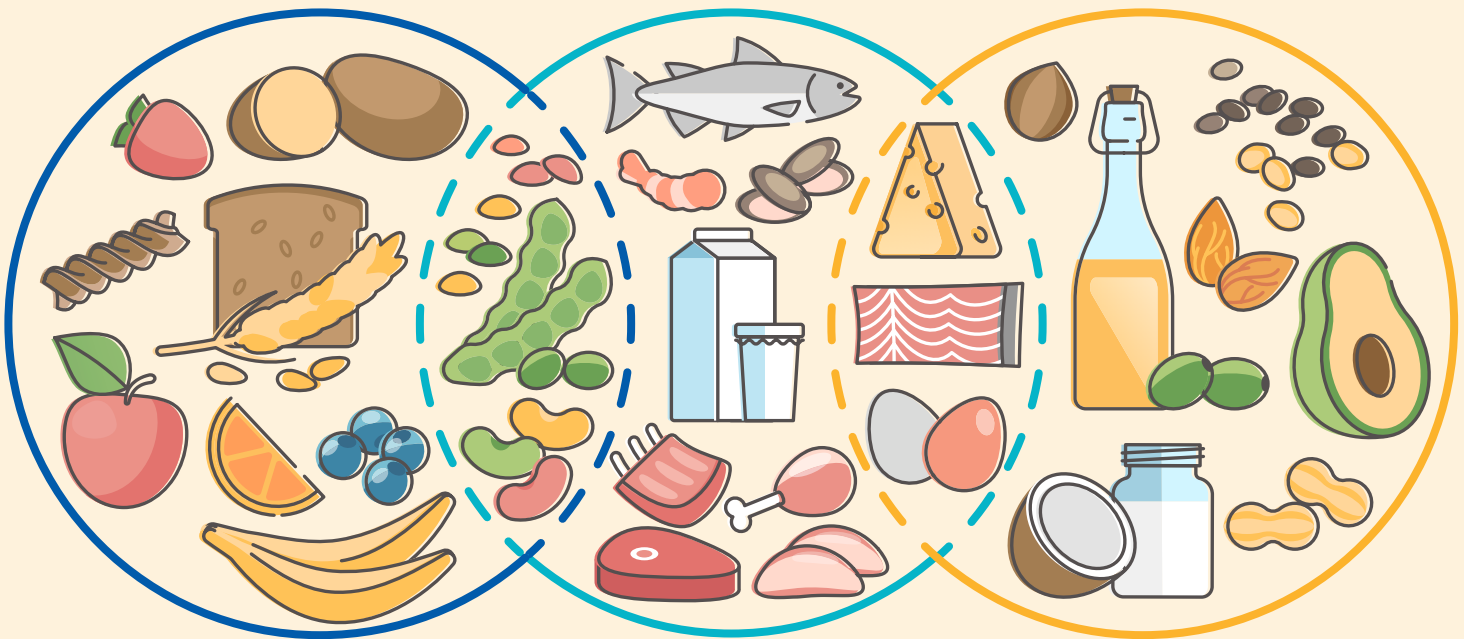


“Macros” (short for macronutrients) are the three main nutrients that the body needs in larger amounts:

Carbohydrates

Protein

Fats



Each of these macronutrients plays a key role in your body's functions. They also help with satiety (feeling full), which in turn helps to prevent overeating and hunger cravings.

- › **Carbohydrates** give your body **energy**.
- › **Protein** helps **rebuild** and **repair** your **body's tissues**.
- › **Fat** is important for **satiety**, regulating your **hormones**, and helping your body **absorb vitamins**.

A well-balanced meal contains all three of these macronutrients.

While reducing the number of calories you consume is important for weight loss, understanding the importance of macronutrients will allow you to fuel your body effectively, which is key for staying on track and achieving long-term weight loss.



Quick-fix diets are almost impossible to maintain; **meal planning**, however, can be a game-changing tactic for maintaining a healthy body weight. Although meal planning takes time, it helps to ensure that you create well-balanced, well-portioned meals that contain all three of the key macros your body needs.

By meal planning, you're also less likely to skip meals. While it's easy to convince ourselves that missing meals means fewer calories are consumed, doing this can affect our mood as our blood sugar levels drop. This can cause fatigue, trouble concentrating, or feeling dizzy and irritable. These symptoms can make us more prone to overeating during our next meal or can lead to increased cravings for foods high in sugar and saturated or trans fats.

If meal planning seems like the right healthy eating habit for you, pick a day and spend half an hour or so organizing your meals for the week ahead. You don't need to do it all in one day, for example your routine might look like:

- › **Friday evening:** sitting down with your favorite recipe book and choosing your meals for the coming days.
- › **Saturday morning:** going shopping for ingredients.
- › **Sunday afternoon:** batch-cooking your meals.

It's common for people to plan their meals for the full 7-day week ahead, but if this doesn't work for you, choose a schedule that does, for example, meal planning for the next 2, 3, or 5 days.

Don't worry — we know that sometimes life gets in the way. It may be your friend's birthday or a special occasion, and eating out is part of the day. Please refer to the **"Eating Out"** leaflet for some tips to stay on track with your nutritional goals during special occasions/events.

Want to talk about macronutrients in more detail? Speak with a **ZUPREME 2 Trial Team** member at your next trial visit.

