

# THE HEALTH FORMULA

## Macronutrient Ratios

Your health conditions and lifestyle determine how much of each macronutrient you should consume. Your healthcare practitioner will indicate the appropriate ratios for you to follow. To make sure you are following these recommendations, you may wish to use a calorie counting app or computer program, such as [MyFitnessPal](#).

### Carbohydrates

	% Carbs	Carb (Grams) for Men (2600 kcal diet)	Carb (Grams) for Women (2000 kcal diet)	Goal/Population
<b>Very Low Carb</b>	< 10%	< 65 g	< 50 g	<ul style="list-style-type: none"><li>• Neurological issues (Epilepsy, Alzheimer's, etc.)</li><li>• Severe blood sugar problems</li></ul>
<b>Low Carb</b>	10 – 15%	65 – 100 g	50 – 75 g	<ul style="list-style-type: none"><li>• Weight loss</li><li>• Blood sugar regulation</li><li>• Mood disturbances</li><li>• Digestive problems</li></ul>
<b>Moderate Carb</b>	15 – 30%	100 – 200 g	75 – 150 g	<ul style="list-style-type: none"><li>• Generally healthy</li><li>• Maintain weight</li><li>• Adrenal fatigue</li><li>• Hypothyroidism</li><li>• Familial Hypercholesterolemia</li></ul>
<b>High Carb</b>	> 30%	> 200 g	> 150 g	<ul style="list-style-type: none"><li>• Athletes and highly active people</li><li>• Trying to gain weight/muscle</li><li>• Fast metabolism</li><li>• Pregnant/breastfeeding</li></ul>

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## Protein

Goal/Population	% Protein	Protein (Grams) for Men (2600 kcal diet)	Protein (Grams) for Women (2000 kcal diet)
Generally healthy or pregnant	10 – 20%	65 – 130 g	50 – 100 g
Weight loss, blood, sugar problems, adding muscle mass	20 – 35%	130 – 230 g	100 – 176 g

## Fat

Once you've determined your carbohydrate and protein levels, the rest of your calories will come from fat. This could be as high as 80-85% fat on a low carbohydrate/low protein diet or as low as 10-15% on a high carbohydrate/high protein diet.