



Liza Twohill

MEET YOUR MACROS

Carbohydrates, fats and proteins are the three macronutrients that are required to be eaten to maintain health and wellness. It is the choices of these that determine how well you can be. These foods must come from our diet.

Carbohydrates

Help make energy and feed the gut microbiome which regulated our digestion, immune health, mood and weight.

Sources: Grains : Vegetables : Fruit : Legumes

Protein

Help build and rebuild our muscle, immune system, hormones, hair, skin and nails.

Sources: Meat : Eggs : Fish : Dairy : Legumes : Nuts and Seeds

Fat

Help provide energy, build and rebuild the body, make hormones, brain function and cell wall structure.

Sources: Oils : Meat : Nuts and Seeds : Oily Fish : Animal Fat :





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BEANS

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Black beans	1/2 cup cooked	113	7.6	20.4	0.5
Garbanzo (chickpeas)	1/2 cup cooked	134	7.3	22.5	2.1
Kidney beans	1/2 cup cooked	112	7.6	20.1	0.4
Lentil beans	1/2 cup cooked	115	8.9	19.9	0.4
Lima beans	1/2 cup cooked	108	7.3	19.6	0.4
Navy beans	1/2 cup cooked	129	7.9	24	0.5
Soybeans (Edamame)	1/2 cup cooked	127	11.1	10	5.8
Tofu	1/2 cup fresh	94	10	2.3	5.9

DAIRY

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Cheddar cheese	29g	114	7.1	0.4	9.4
Cottage cheese	1/2 cup	110	14	3.1	5
Egg	1 large	75	6.3	0	5
Swiss cheese	29g	107	8.1	1	7.8
Milk	1 cup			12	
Yogurt	200g			13	

FISH

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Anchovies, in water	29g	37	5.8	0	1.4
Halibut	86g	93	17.7	0	2
Mackerel	86g	180	15.8	0	11.8
Salmon	86g	121	16.9	0	5.4
Sardines, in water	1 can	130	22	0	5
Tuna	1/4 cup	70	16	0	0



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GRAINS

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Oatmeal, rough cut	1 cup	145	6	25.2	2.4
Popcorn, dry	1 cup	54	1.8	10.7	0.7
Quinoa, cooked	1/2 cup	115	4.3	21.5	2
Rice, brown, cooked	1/2 cup	108	2.4	22.8	0.8
Rye bread	1 slice	56	2.1	12	0.3
Whole wheat bread	1 slice	56	2.4	11	0.7

POULTRY

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Chicken breast	114g	193	29.3	0	7.6
Chicken, light meat, no skin	114g	196	35.1	0	5.1
Chicken, dark meat, no skin	114g	232	31	0	5.1
Turkey, light meat, no skin	114g	178	33.9	0	3.7
Turkey, dark meat, no skin	114g	212	32.4	0	8.2

Vegetable Macronutrient Breakdown	Calories	Fat (g)	Carbs (g)	Fibre (g)	Net carbs	Protein (g)
Asparagus, cooked, 1 cup	46	2	6	4	2	5
Beans, cooked (black, kidney, chickpeas, lentils) 0.25cup	55	0	10	3	7	4
Beans, green, cooked, 1 cup	34	5	8	4	4	2
Blueberries, raw, whole, 0.25cup	21	0	5	1	4	0
Broccoli, cooked, chopped, 0.5 cup	27	0	6	3	3	2
Brussel sprouts, raw, 1 cup	38	0	8	3	5	3
Cabbage, green, raw, shredded, 114g	23	0	5	2	3	1
Carrots, baby, raw, 57g	20	0	6	2	4	0
Cauliflower, cooked, 1 cup	28	0	6	2	4	2
Celery, raw, chopped, 1 cup	36	0	7	4	3	2
Cucumber, raw, sliced, 284g	29	0	6	2	4	1
Eggplant, raw, 171g	33	0	8	5	3	1
Garlic, 6 cloves	24	0	6	0	6	0
Green beans, cooked, 0.5cup	22	0	5	1	4	1
Kale, raw, chopped, 57g	28	0	6	1	5	2
Lemon juice, 1 tabs	3	0	1	0	1	0
Lettuce, any green leaf, shredded, 3 cups	24	0	6	3	3	3
Lettuce, iceberg, shredded, 3 cups	24	0	6	3	3	0
Lettuce, Romaine, shredded, 3 cups	24	0	6	3	3	3
Lime juice, 1 tabs	3	0	1	0	1	0
Muxhrooms, button, raw, 171g	37	1	6	2	4	5
Mushrooms, Portabella, raw, 114g	29	0	6	2	4	3
Onion, green, 0.5cup	16	0	4	1	3	1
Onion, white, raw, 0.5cup	33	0	7	1	6	1
Pepper, bell, raw, 114g	23	0	5	2	3	0
Potato, white, cooked, 0.5cup	95	4	13	2	11	1
Raspberries, raw, whole, 0.5cup	32	0	7	4	3	1
Rice, white, cooked, 0.25cup	51	0	11	0	11	1
Shallots, chopped, 2 tabs	14	0	4	0	4	0
Spinach, cooked from frozen, 142g	57	3	5	3	2	4
Spinach, raw, 171g	38	1	6	4	2	1
Squash, spaghetti, cooked, 1 cup	75	0	10	2	8	1
Squash, summer, cooked, sliced, 1 cup	36	0	8	3	5	2
Strawberries, raw, shole, 0.5 cup	23	0	6	2	4	0
Swiss chard, chopped coarse, 3 cups	21	0	4	2	2	2
Tomato sauce, 0.5 cup	40	0	8	2	6	2
Tomato, raw, 171g	31	0	7	2	5	1
Turnips, raw, 114g	32	0	7	2	5	1

