

NAXOS



STRENGTH + CONDITIONING

SPORTS NUTRITION

Energy Balance, Atkins Values,
Calculating Macros, Food Ideas, &
More

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Page 1

Energy Balance	
Calories Eaten > Calories Burned	Calorie Surplus (Weight Gain)
Calories Eaten < Calories Burned	Calorie Deficit (Weight Loss)
Calories Eaten = Calories Burned	Calorie Maintenance (No Change in Weight)



- Calorie intake is the biggest determinant of **bodyweight**
- Bodyweight DOESN'T tell us body **composition**
- Body composition is the **percentage** of muscle, fat, bone mass, and water we carry

Atkins Values	
Carbohydrates	4 Calories Per Gram
Protein	4 Calories Per Gram
Fat	9 Calories Per Gram



- Carbs, Protein, & Fat are our 3 main **Macronutrients**
- **Total Calories** = (Grams of Fat x 9) + (Grams of Carbs x 4) + (Grams of Protein x 4)



Diet is a MASSIVE part of improving health & performance. If you want progress, this is non-negotiable. Luckily, this chart makes figuring out what you need to eat, easy.

	Protein	Carbs	Fat
Calorie Surplus	0.8-1g per lb of bodyweight	1.75-2.25g per lb of bodyweight	0.5-0.75g per lb of bodyweight
Calorie Deficit	0.8-1g per lb of bodyweight	1-1.5g per lb of bodyweight	0.3-0.5g per lb of bodyweight
Calorie Maintenance	0.8-1g per lb of bodyweight	1.5-2g per lb of bodyweight	0.5g per lb of bodyweight



Example:

Bodyweight: 180lbs

Goal: Calorie Surplus (Gain Weight)

Protein: $180 \times 0.8 = 144\text{g}$

Carbs: $180 \times 2 = 360\text{g}$

Fats: $180 \times 0.6 = 108\text{g}$



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Page 3

Reading Labels

To calculate macros & calories
from each meal:

**Step 1: Determine how many
servings consumed**

You'll need to measure food
using either measuring cups or a
food scale

**Step 2: Take number of grams of
protein, fat, carbs, and calories
per serving and multiply it by
the number of servings you ate**

Step 3: Track all this info

Tips:

- If you're eating something and you don't have the label, estimate how many ounces/cups you've eaten and google it ("6 ounces of Chicken macros")
- If you eat the same foods regularly, you'll eventually memorize the macros for them and won't have to do the math anymore
- Tracking food DOESN'T have to be perfect, it just has to be close! So try not to stress!

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Keys to Nutritional Success for Busy Athletes & People

- **Choose recipes that are EASY to prepare**
- **Make meals ahead of time**
- **Pack snacks and meals to eat throughout the day**
- **Plan meals out for the week**
- **Get everything you need for the week in ONE grocery trip**

Foods To Eat

- **Carbs: Fruit, Honey, Oats, Rice, Pasta, Bread, Healthy Baked Goods, Crackers, Pita, Tortillas, Maple Syrup, Waffles, Quinoa, Granola**
- **Protein: Chicken, Beef, Fish, Tofu, Lentils, Green Split Peas, Turkey, Greek Yogurt, Eggs, Black Beans, Protein Bars, Whey Protein Powder, Pea Protein Powder, Kidney Beans**
- **Fats: Olive Oil, Peanut Butter, Butter, Cream Cheese, Cheese, Dark Chocolate, Eggs, Coconut Oil, Milk, Nuts, Seeds**



Meal Ideas

- **Breakfast #1: Oats/Granola, Milk, Sliced Strawberries, Cinnamon, and Honey**
- **Breakfast #2: Scrambled Eggs, Cheese, Tortilla, Black Beans, Pico De Gallo**
- **Lunch #1: Whole Grain Bread, Deli Turkey, Cheese, Romaine Lettuce, Mayo, Avocado, Tomato Slices**
- **Lunch #2: Rice, Sliced Steak, Sriracha Mixed w/ Greek Yogurt, Spinach, Feta Cheese, Pita Bread**
- **Snack #1: Dates (Cut in Half & Pitted) Stuffed w/ Peanut Butter, Dipped in Dark Chocolate**
- **Snack #2: Crackers w/ Roasted Red Pepper Hummus**
- **Dinner #1: Sautéed Chicken or Tofu, Pasta, Pesto + Veggie on Side**
- **Dinner #2: Black Bean Burger w/ Cheese, Arugula, Tomato, Chipotle Mayo + Veggie on Side**
- **Dessert #1: Gelato with Crushed Walnuts & Fruit**
- **Dessert #2: Milkshake w/ Banana, Vanilla Ice Cream, Protein Power of Choice, Melted Dark Chocolate, 2 TSP of Peanut Butter**



"Healthy" vs "Unhealthy" Foods (My Opinion)

Healthy →

- Homemade Foods
- Real, Natural Ingredients
- No Artificial Ingredients
- No Dyes
- No Suspect Preservatives
- High Quality Brands
- Labels You Can Read

Unhealthy →

- Artificial Ingredients
- Highly Processed
- Fast Food
- Frozen Meals (Not Always)
- Dyes
- Artificial Flavors
- Preservatives



"Healthy" vs "Unhealthy" Foods (My Opinion)

The systems used to determine whether some foods are healthy and others are unhealthy are flawed, in my opinion. There are two lenses through which I judge my food choices. One, the quality of the ingredients. Two, how it fits my macronutrient/calorie needs.

Let me lay out an example: I'm a highschool athlete who needs to put on weight. So, I'm going to aim to be in a calorie surplus. If at the end of the day, I still haven't gotten my full amount of fat and carbs and two homemade chocolate chip cookies would fill out those last needed calories, then that is a **HEALTHY** choice (that's right I just said cookies can be healthy).

Let me assert my position: what makes a food truly unhealthy is when its processed, loaded with artificial ingredients, dyes, preservatives, and other chemicals. These are the true poisons. So, in my mind, a Chips Ahoy Cookie will **ALWAYS** be unhealthier than a homemade cookie even if the macros are identical. If I make cookies myself, I control what ingredients go into that cookie as well as the amount of each. For example, maybe we could reduce the amount of sugar, add some nuts, and protein powder to enhance the nutritional quality.



"Healthy" vs "Unhealthy" Foods (My Opinion)

Homemade foods are superior 9/10 times because I have control over them, whereas with takeout and prepackaged foods, I don't have control over what is in them. With that said, there's plenty of brands that produce pre-packaged foods that are amazing quality; however, you have to know what to look for.

So, now that we've covered quality of ingredients, let's talk about macronutrient/calorie needs. Assuming I'm choosing foods that are of high quality ingredients, preferably homemade, I can eat almost ANYTHING I want as long as I'm adhering to my macronutrient needs. Food intake is only a problem if it leads to me to be in a calorie deficit or calorie surplus when I DON'T want to be in one.

Let's go over a quick physics lesson. The Law of Conservation of Energy states that: energy can neither be created or destroyed. Our body weight is a reflection of how much energy we consume. The reason why we gain weight in a calorie surplus is because we are consuming more energy than we are burning, our body takes that excess energy and uses it to build muscle and store fat, thus increasing our bodyweight. The reverse is true in a calorie deficit.



"Healthy" vs "Unhealthy" Foods (My Opinion)

The point being, energy doesn't come out of thin air so as long we eat in a way that adheres to our macronutrient needs, we'll get the result we're after. You hear people make umbrella statements like: "bread is bad for you", "cheese is bad for you", etc. Again, assuming the food comes from a high quality source, it's only "bad" for you if it doesn't fit into your needs. Now, you might be thinking, "well great I can eat pancakes, waffles, cookies, and ice cream all day!" Well if you're tracking your macros accurately, you'll find you probably won't be able to eat tons of those foods while staying in bounds. BUT, you can still have them in the appropriate dose as long as they fit!

To summarize everything, in order to succeed from a health & performance standpoint, we need to be eating the amount of calories, protein, fat, and carbs that fit our goals. We need to stay away from artificial foods and choose whole foods with real ingredients. As long as a food checks off those two boxes, in my book, it's healthy.

With that said, we still need to use common sense: we still need to be eating a variety of fruits & veggies, getting protein from sources other than protein powder, and remembering that eating 2lbs of chocolate in one sitting is still a bad idea.



"Healthy" vs "Unhealthy" Foods (My Opinion)

Nutrition is all about balance: don't be afraid to eat things you enjoy, but don't neglect the nutritious foods you don't completely love, but know are good for you. Find balance between rewarding yourself and holding yourself accountable. Lastly, metabolism, is a complex thing. Sometimes what is planned on paper, doesn't always work out in practice. If you're under large amounts of stress, aren't sleeping well, or have a health condition, these factors can influence the way our body is operating, regardless of whether you're on track with nutrition or not. Also, these guidelines are designed for active people, those with a sedentary lifestyle probably should not adhere to these recommendations.



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