

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
VERY LOW CARB	< 10%	< 65 g	< 50 g	<ul style="list-style-type: none"> • Neurological issues (Epilepsy, Alzheimer's, etc.) • Severe blood sugar problems
LOW CARB	10 - 15%	65 - 100 g	50 - 75 g	<ul style="list-style-type: none"> • Weight loss • Blood sugar regulation • Mood disturbances • Digestive problems
MODERATE CARB	15 - 30%	100 - 200 g	75 - 150 g	<ul style="list-style-type: none"> • Generally healthy • Maintain weight • Adrenal fatigue • Hypothyroidism • Familial Hypercholesterolemia
HIGH CARB	> 30%	> 200 g	> 150 g	<ul style="list-style-type: none"> • Athletes and highly active people • Trying to gain weight/muscle • Fast metabolism • Pregnant/breastfeeding

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 - 130g	50 - 100g
Weight loss, blood, sugar problems, adding muscle mass	20 - 35%	130 - 230g	100 - 176g

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.