



# How to Calculate Macros

## 1. Calculate Your Daily Calorie Needs

- Use an online calculator or ask your PMR doctor to estimate how many calories you need daily based on your age, gender, weight, height, and activity level.

## 2. Determine Your Macro Ratios

- Based on your goals (e.g., weight loss, muscle gain, maintenance), decide how much of your daily calories should come from each macro:
  - **Carbs:** Typically 45-65% of total calories
  - **Protein:** Typically 10-35% of total calories
  - **Fats:** Typically 20-35% of total calories

## 3. Convert to Grams

- Each macro provides a certain number of calories per gram:
  - **Carbs:** 4 calories per gram
  - **Protein:** 4 calories per gram
  - **Fats:** 9 calories per gram
- Divide your daily calorie amount for each macro by these numbers to find out how many grams you need.

## 4. Track Your Food Intake

- Use a food diary or a nutrition app to log what you eat. Most apps will automatically calculate your macro intake for each food item, making tracking easier. You could print and make copies of the **Macro Tracking Template** on our clinic website.

By doing this, you can see if you're meeting your macro goals and adjust your diet to stay on track with your health and fitness objectives. Schedule an appointment if you would like help with your nutritional goals.

---

### PMR CLINIC at JOHNSON MEMORIAL HEALTH

1159 W Jefferson St, Ste 101  
Franklin, IN 46131

Email: [pmrjmh@pmrhealthcare.com](mailto:pmrjmh@pmrhealthcare.com)

Call: (317) 346-7970

[www.pmrjmhfranklin.com](http://www.pmrjmhfranklin.com)

**PMR**  
HEALTHCARE

SINCE 2005