

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

WHY YOU NEED TO COUNT CALORIES



In order to effectively use a macronutrients calculator, you need to understand what macronutrients are and count your calorie intake.

Macronutrients, also known as “macros,” are the nutrients that your body needs in large quantities. These include protein, carbs, and fat.

Nutrients such as calcium, zinc, iron, magnesium, and phosphorous are all minerals that also count as macros.

The amount of calories we eat relative to how our body breaks them down into protein, carbs, and fats has a larger impact on our body physique than the type of foods that these calories come from.

If you start a macronutrient-based diet, you'll enjoy the following benefits:

- ✓ You won't feel hungry or have to starve yourself to look and feel good.
- ✓ You won't have to struggle with food restrictions.
- ✓ Eat whenever you want, rather than scheduling meals at set times.
- ✓ You can enjoy carbs! You don't have to go on a low-carb diet.
- ✓ You won't waste energy fighting your cravings.

START COUNTING YOUR CALORIES

Why do you need to count calories? **Energy balance** is the relationship between the energy you use and the energy you consume. We use calories as the unit of measurement to discuss energy balance.

01. Protein

High-protein diets are one of the most effective ways to **build muscle**. When you restrict calories for losing fat, protein helps preserve your lean mass. High-protein diets are also an effective way to lose body fat, specifically in your belly. You'll have fewer hunger cravings when you consume protein because it increases your fullness, so you feel satisfied.

02. Carbs

You should eat lots of carbohydrates. If you regularly lift weights and stay physically active, eating more carbs is more beneficial to your body than eating less. Low-carb diets are not always the answer when it comes to meal plans and macronutrient plans. High-carb diets can help you **gain muscle and lose weight** faster.

03. Fat

To some extent, it's a misconception that eating fat gets you fat. Actually, **dietary fat is an essential part of our diets**. Every gram of fat that you eat has about nine calories, which is essential knowledge for managing and counting your caloric intake. Fat is an important component to keeping us healthy by maintaining cells, producing hormones, and controlling insulin levels.

RECAP

Here are the key points to counting calories as it relates to macronutrients:

1

The most important aspect of dieting is energy balance. You'll be able to figure out if you're gaining or losing weight based on how much energy you take in compared to how much energy you use.

2

It's imperative to understand how the calories you eat break down into protein, carbs, and fats. You can adjust your carb and fat intake based on your fitness goals, but always eat plenty of protein.

3

Specific foods are not as important as you think. It doesn't matter where you get your nutrients from, as long as you're getting them. Clean foods don't offer advantages to burning fat or building muscle.

HOW TO CALCULATE CALORIES AND MACROS

Once you begin tracking your calorie intake and macronutrients, you'll need to understand how to put these to action and make calculations. Based on these numbers you can set up your macros.

A macronutrient calculator requires you to input your:



Age

- ✓ Body fat percentage
- ✓ Level of activity

Then, it calculates your:

- ✓ Basic metabolic rate, also known as BMR
- ✓ Total daily energy expenditure, known as TDEE

Real science. Real supplements. Real results.
Get the results you want when you shop our line of bodybuilding,
pre-workout and weight loss stacks and supplements.

[Shop Supplements Here](#)

YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.