

# Food Guide

Food is one of the most important things for you during your day. Without it, it is nearly impossible to function properly or reach your goals. This also implies to your goals for looks, fitness, and of course CrossFit achievements. There are lots of different ways to eat your food; what, how much, when, etc. These questions are hard to answer on their own, but they also account for each other! That is why they are generally divided in two topics: macro- and micronutrients. In general, it is more important to focus on your macro nutrients. It focusses on how much of the specific components you eat during a day. The micronutrients take it a step further, where it defines what amount of those components you must eat at a specific time.

Macro nutrients are a great first step to reach your goals. It is based on what you want to achieve and are composed of the components everyone has in their diet. Those components are proteins, carbohydrates and fats, and an overarching term calories. They are listed below, with a couple of different calculators. A calculator could give you a starting point for your personal macro intake. It is important to make changes that suites your body!

## Calories

A calorie is a unit of energy, to be exact it is the amount of heat energy it takes to heat 1 cm<sup>3</sup> of water with 1 degree Celsius (4,18 Joule). This unit is usually used to measure the amount of energy a certain type of food contains. Someone's daily energy take is also measured in calories. You are probably familiar with the use of calories. It is basically simple, if you want to lose weight you have to burn more calories than you consume. If you want to gain weight you have to eat more than you burn. Below the article is a list of calculating tools to make your life a little easier 😊.

## Carbohydrates

Carbohydrates are biomolecules consisting of carbon oxygen and hydrogen. This includes sugars, fibers, and starches. Carbohydrates provide fuel for the central nervous system and energy for working muscles. They also prevent protein from being used as an energy source and enable fat metabolism, according to Iowa State University. This makes carbs (the shorter word used in the fitness industry) a key component to make your body function properly, and even more a decisive factor in physical performance. Foods that contain high amounts of carbs are quinoa, sweet potatoes, and sweets.

## Proteins

Protein is a macronutrient that is essential to building and maintaining muscle mass. It is commonly found in animal products, though is also present in other sources, such as nuts and legumes. Chemically, protein is composed of amino acids, which are organic compounds made of carbon, hydrogen, nitrogen, oxygen, or sulfur. Amino acids are the building blocks of proteins, and proteins are the building blocks of muscle mass, according to the National Institutes of Health (NIH). Proteins are also known to be more filling. This means that after consuming a high protein snack you will feel more filled than when you would be eating something that is relatively low in protein. Foods that contain high amounts of proteins are chicken, Legumes and (low fat) milk.

## Fats

Fats in nutrition are esters of multiple fatty acids. Your body needs these fats because they contain molecules it cannot create itself. Next to that fat is also a dense source of energy. Therefore, your body stores extra energy as fat. Some organs also require fats, your kidneys need a small layer of fat

tissue around them to keep functioning. Foods that contain high amounts of fat are avocado, nuts and butter.

**List of informational links and different calculators**

- <https://barbend.com/fat-loss-vs-muscle-gain-macros/>
- <https://barbend.com/best-macros-calculator/>
- <http://crossfitgreaterbrislington.com/news-and-wod?aid=15820>
- <https://fitnessvolt.com/macronutrient-calculator/>
- <https://calculator.net/calorie-calculator.html>
- <https://tdeecalculator.net/>