

FLEXIBLE **DIETING 101**

HOW TO EAT FOOD THAT FIT YOUR MACROS.



REACH FOR TOMORROW

FLEXIBLE DIETING 101



REACH FOR TOMORROW

COPYRIGHT DISCLAIMER

This information is for your personal use ONLY. You cannot distribute, copy, reproduce, or otherwise sell this product or information in any form whatsoever, including but not limited to: electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

The information, including but not limited to, text, graphics, images and other material contained in this guide are for informational purposes only. No material from this guide is intended to be a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

TABLE OF CONTENTS

Welcome	3
What is flexible dieting?	4
Health benefits of flexible dieting	5
What are calories and energy balance?	7
What are macronutrients?	9
How to get started with flexible dieting?	11
Calculate your daily calories	12
Divide calories between each macronutrient	13
Track macros with MyFitnessPal	15
Thank you	18

WELCOME!

Flexible dieting, or IIFYM (If It Fits Your Macros), has been gaining traction in the nutrition and health community in recent years. To many, it's an alternative to traditional dieting, which can often be detrimental to your body and your health if not done properly. Instead of restricting what you eat to only specific types of foods and eliminating entire food groups, flexible dieting gives you the freedom to eat whatever you want as long as you meet your daily caloric and macronutrient targets.

In this guide, we'll take a look at what flexible dieting is, its health benefits and how to get started! You'll also learn how to track your calories and macronutrients to ensure that you are successful as this is what this diet is all about!



 admin@REACHPublishing.org

 www.REACHPublishing.org

WHAT IS FLEXIBLE DIETING?

Flexible dieting is more of a lifestyle than a diet. The reason behind that is that dieting means you are going on a specific regimen or program where you are given strict guidelines on what, when, and how much of certain foods you can eat. If you don't follow it exactly as outlined by someone who wrote a book or determined by a scientific formula then your program is useless. Flexible dieting (or IIFYM) lets you have more control over what you are eating without being so rigid that if something doesn't go just right then everything will go wrong.

Flexible dieting is simply controlling your calorie and macronutrient intake while being flexible with your food choices. The idea of flexible dieting has existed for several years but it's becoming more mainstream as people find that they can get better results by exercising self-control over their diets. The key is not cutting out any food groups or eliminating any of your favorite snacks, it is to eat whatever you like as long as the foods fit within your calorie and macronutrient requirements.

Over the last several decades, we've been taught what's 'good food' and what's 'bad food'. However, this approach has led to many people struggling with their weight and overall food relationships. Some say that eating a slice of pizza leads to the feeling of guilt for days to come. Whilst others say that having any chippy-style food makes them feel upset and demotivated. This is why flexible dieting is becoming a more popular choice. In this approach, all you need to do is calculate your daily calorie and macronutrients intake, and simply track them. There are no limitations as to what you can eat aside from the fact that the foods must fit within your daily calories and macronutrients allowance.

In this guide, you'll learn how flexible dieting works, what calories and macronutrients are as well as how to get started and be successful at reaching your health and fitness goals.

HEALTH BENEFITS OF FLEXIBLE DIETING

Flexible dieting, also known as IIFYM (If It Fits Your Macros), has become increasingly popular in recent years, due to its many benefits over traditional diets. Here are five of the top flexible dieting benefits that have made it such a powerful tool in healthy eating.

01 YOU WON'T BE STARVING YOURSELF

Traditional dieting styles are generally full of low-calorie foods. Eating only low-calorie foods will inevitably leave you hungry and hangry (hungry + angry). When you're too hungry to focus, it's hard to stick with a diet plan. (Who wants to be cranky? Nobody.) Flexible dieting isn't about denying yourself delicious food; it just makes sure that you don't eat too little or too much by tracking your intake of food.

02 FLEXIBLE DIETING PREVENTS YO-YO DIETING

The name flexible dieting implies it's a lifestyle that is adaptable to you. It means you don't have to follow any strict rules and can make changes based on your lifestyle, goals, and mood. Because flexibility is an important aspect of most types of diets, such as

vegetarian or Mediterranean-style diets (just to name a few), they help promote weight loss by preventing yo-yo dieting. People who constantly switch up their eating habits are more likely to gain weight over time than those who stick with one style because it gives them permission to eat more foods when they feel like it.

03 FLEXIBLE DIETERS HAVE HIGHER SELF-ESTEEM

A recent study found that women who adhered to a flexible diet had a more positive body image than those who followed more restrictive diets. This is important because women with better body images are more likely to have healthier relationships with food and develop a better relationship with exercise. Flexible dieters may even be less prone to developing eating disorders like bulimia and anorexia because they don't view food as something they need to restrict. Flexible dieters feel in control of their choices, which makes them feel empowered about their bodies—and that feeling can keep weight gain at bay for years.

FLEXIBLE DIETERS HAVE A BETTER BODY IMAGE

When it comes to body image, flexible dieters are more positive and less likely to obsess over their weight. In a study from 2015, researchers from Loughborough University found that those who practiced non-restrictive eating—meaning they ate what they wanted within a set range of calories—had healthier body image. The results showed that non-restrictive eaters were also less likely to experience negative emotions about their bodies, like disgust or anxiety. This is likely because flexible dieters feel empowered by making choices about what to eat. They're not constantly worrying about food and restriction; instead, they feel better in their own skin and are proud of their accomplishments.

NO FOODS ARE OFF LIMITS

Flexible dieting isn't about eating a certain way or following strange rules that don't make sense. By allowing yourself to eat whatever foods you like (as long as they fit within your daily caloric goal), you can feel free to indulge in your favorite snacks and meals without worrying about them wreaking havoc on your progress. It doesn't have to be anything complicated, either—if you like eating a healthy breakfast, then by all means continue doing so! If you enjoy running an extra 5 miles after work each day, then go for it! Flexible dieting can work however you want it to and still help keep calories under control. Allowing yourself freedom in food choices makes sticking with your plan easier over time.



WHAT ARE CALORIES AND ENERGY BALANCE?

As you read throughout this guide so far, flexible dieting is all about consuming foods that fit your calories and macronutrients requirements every day.

Calories and macronutrients are two major factors that aid in weight loss or gain. Let's firstly go over the concept of calories and energy balance. Calories are a unit of measurement for energy. They simply indicate how much energy you're going to get from consuming certain foods. Foods that contain a lot of calories will give you lots of energy, and foods that are low in calories will give you very little energy. When you consume more calories than you expend on a daily basis, your body will store those extra calories as fat for later use. The extra calories can also be stored in the body as muscle if you exercise regularly. However, when you burn more calories than you take in, your body will tap into its fat stores for the energy deficit.





At the core of weight loss or weight gain, it's all about calories-in vs calories-out. You can consume cookies all day long, and still lose weight as long as you remain within your calorie and macronutrient requirements. The only thing is that, if all you eat is cookies or fast food, you're not going to feel great. You're probably going to feel bloated, anxious, depressed, demotivated, and more. Whereas, if you make your calories more nutrient-dense, like fruit and vegetables, you're going to feel full of energy, happy, motivated, and ready to take on any challenge. This is why consuming a variety of fruits and vegetables is so important. However, at the core of weight loss and weight gain, it's all about the calories and macronutrients. When you'll be starting flexible dieting, take that information under consideration to ensure that you still feel happy and energized throughout days and weeks.

WHAT ARE MACRONUTRIENTS?

'Macronutrients' is a holistic term given to three major nutrients, called proteins, carbohydrates (carbs), and fats. Each macronutrient performs a different set of roles within your body, and provides a variety of vitamins and minerals too. Since each vitamin and mineral is codependent, it's important to consume a variety of all. When you lack one nutrient, your body may struggle to absorb another. In turn, this can lead to nutritional deficiencies and symptoms ranging from headaches, tiredness and fatigue, hair loss, skin problems, weight gain, and much more. Here's what you need to know about each macronutrient:

PROTEINS

Proteins are large complex molecules made up of chains of smaller molecules called amino acids. Proteins are an essential part of all living organisms; they're used in building tissues and making enzymes, hormones, proteins that transport oxygen around your body, as well as immune cells, antibodies and many other important things. If you've ever felt like you cut your finger and you struggled to heal for longer than usual, this is normally a sign that you are not consuming enough protein. We will go over the recommended intakes later in this guide.

CARBOHYDRATES

Carbohydrates, or carbs for short, are one of three macronutrients. They're found in almost everything we eat—especially fruits, vegetables, dairy products and grains. Your body uses carbohydrates as its main source of energy. When you eat a carbohydrate-rich food (one that contains starch), it's broken down into glucose (sugar) during digestion. The glucose enters your bloodstream so that cells throughout your body can use it for energy or store it for later use when you don't have enough food available to burn for energy right away.

FATS

A common misconception is that fats are bad for you. In fact, all fats are not created equal. There are two kinds of dietary fat, saturated fat and unsaturated fat, which come from different sources. Saturated fats come from animal products such as butter, whole milk, cheese and red meat; these fats can raise your cholesterol levels. Unsaturated fats – including monounsaturated (found in olive oil) and polyunsaturated (vegetable oils like corn or sunflower oil) – provide some healthy benefits like transporting fat soluble vitamins (A, D, E, K) around the body and into tissues that need them, regulate hormones, slow down digestion, and regulate blood pressure.

As you can see, each macronutrient plays an integral part to your body functioning properly and keeping you healthy. Since traditional diets usually restrict the consumption of carbs and fats, you may struggle with hormonal imbalances, energy fluctuations, hunger pangs, and much more. All these factors encourage you to yo-yo and binge eat in the end. Whereas, flexible dieting allows you to eat whatever you like and whenever you like, as long as the food falls within your daily set of calories and macronutrient requirements.

On the next page, you're going to learn how to get started with flexible dieting.



HOW TO GET STARTED WITH FLEXIBLE DIETING?

Flexible dieting is a much easier concept to grasp than probably any other diet, and there are three simple steps you need to follow to get started:

01

Calculate your daily calories.

02

Divide the calories between each macronutrient.

03

Track your calories and macronutrients.

Over the next few pages, you're going to learn how to calculate your calories, macronutrients and how to track both using MyFitnessPal. You're going to learn how to learn the actual formula that most online applications use to calculate your calories in case you'd like to do the calculations by yourself. However, all these functions can be done using MyFitnessPal.



01

CALCULATE YOUR DAILY CALORIES

The good news is that figuring out your macros isn't too complicated, and it is done with a number of steps.

CALCULATE YOUR BMR

BMR is an acronym for Basal Metabolic Rate and it refers to the number of calories that your body requires to use to perform all the biological and physiological processes.

To calculate your BMR, follow these equations:

WOMEN

$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age}) = \text{BMR}$

MEN

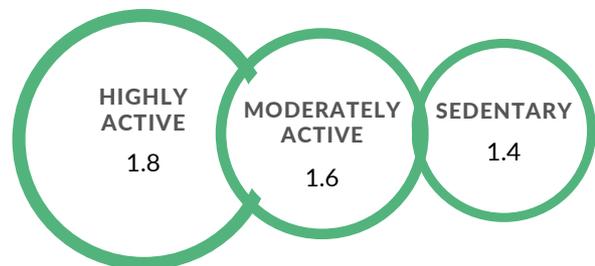
$66 + (6.23 \times \text{weight in pounds}) + 12.7 \times \text{height in inches} - (6.8 \times \text{age}) = \text{BMR}$

This is the number of calories that your body requires in order to survive. The next step is calculating how many calories your body requires to perform daily activities (TDEE).

CALCULATE TDEE

TDEE stands for Total Daily Energy Expenditure and it refers to a number of calories that your body needs in order to perform any daily activities (plus biological and physiological processes). This is also known as your maintenance calories, and it's how many calories you need to maintain your current weight.

To calculate your TDEE, simply multiply your BMR by an activity factor as displayed below:



CALCULATE YOUR DAILY CALORIES

If you want to eat healthy and keep the same weight, you can consume the number of calories that you calculated in **Step 2**. However, if you'd like to lose weight, deduct 200-500, from **Step 2 calories**. Whereas, if you're looking to gain weight, add 200-300 calories to **Step 2**.

02

DIVIDE CALORIES BETWEEN EACH MACRONUTRIENT

CALCULATE YOUR INTAKE OF PROTEIN

Your protein intake really depends on your goals. An average person requires 1g of protein per kilogram of bodyweight. However, a person who is looking to build muscle requires 1g of protein per 1 lb of bodyweight.

For example, if you are looking to eat healthy (or lose weight), you should consume 1g per 1 kilogram of bodyweight. This means that if you weigh 60 kilograms, you should consume 60g of protein per day.

On the other hand, if you are looking to build muscle and you weigh 140lbs, you should consume 140g of protein.

To figure out the number of calories that is, simply multiply the grams by 4.

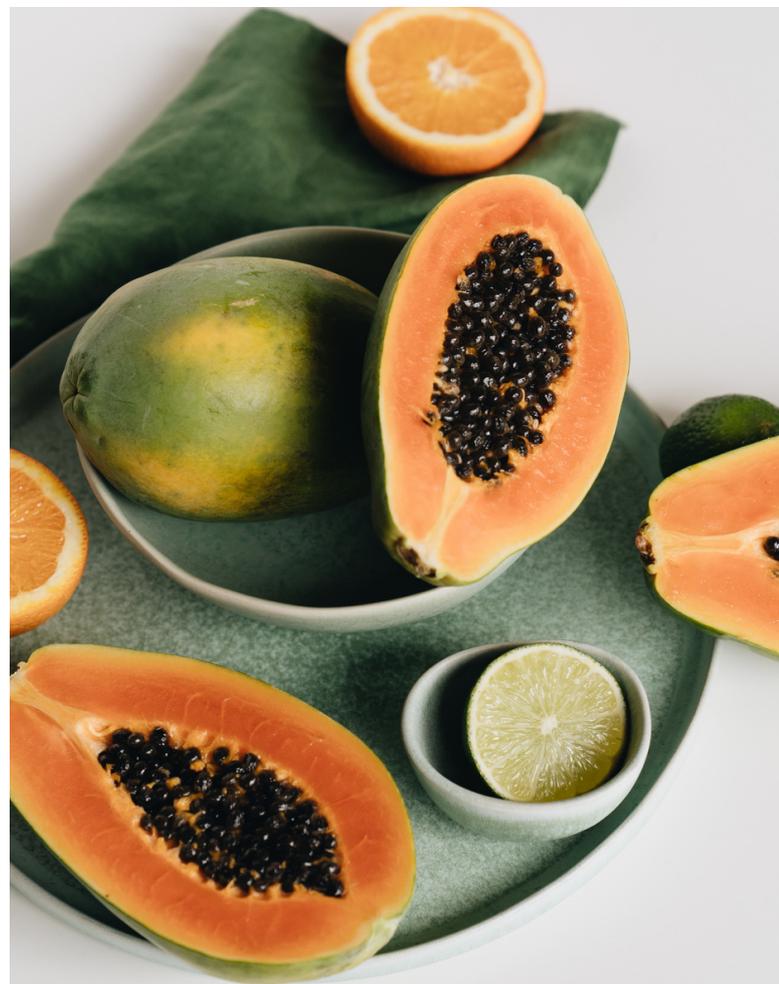
CALCULATE YOUR INTAKE OF CARBS

Approximately 50-55% of your total daily calories should come from starchy carbohydrates. This means that you need to divide your total daily calories by 2 (50%). Then divide those calories by 4 to obtain the number of grams.

CALCULATE YOUR INTAKE OF FATS

Once you have calculated your intake of proteins and carbohydrates, it is time that you deduct those calories from your total daily calories. The remaining calories should be dedicated to healthy fats. This should be approximately 30-33% of the total calories.

To figure out the number of grams, simply divide the remaining calories by 9.



GREAT FOOD CHOICES FOR EACH MACRO

PROTEINS

- Chicken Breast
- Chicken thigh
- Chicken drumstick
- Pork medallion
- Kangaroo Fillet
- Beef filet
- Lamb chop
- Turkey breast
- Veal
- Beef sausage
- Pork sausage
- Tofu
- Seitan
- Tempeh
- Edamame
- Hempseed
- Salmon
- COD
- Canned tuna
- Shrimp
- Pollock

CARBS

- White rice
- Brown rice
- White pasta
- Whole-wheat pasta
- Gluten-free pasta
- Couscous
- Quinoa
- White potatoes
- Sweet potatoes
- White slice of bread
- Wholegrain slice
- Popcorn
- Apple
- Orange
- Grapefruit
- Banana
- Red grapes
- Green grapes
- Peach
- Strawberries
- Blueberries
- Raspberries

HEALTHY FATS

- Avocadoes
- Eggs
- Almonds
- Hazelnuts
- Brazil nuts
- Peanuts
- Pistachios
- Cashews
- Chia seeds
- Olive oil
- Flaxseed oil
- Coconut oil
- Cheddar cheese
- Mozzarella
- Parmesan
- Feta cheese
- Manchego
- Brie
- Roquefort
- Whole milk
- Semi-skimmed milk
- Greek yogurt

03

TRACK MACROS WITH MYFITNESSPAL

Tracking macronutrients can be done in a number of ways. You can do it manually by weighing everything and reading food labels, or you could do it the smart way using the MyFitnessPal APP. So, in this section, we will go over how to track your macronutrients using this FREE app.



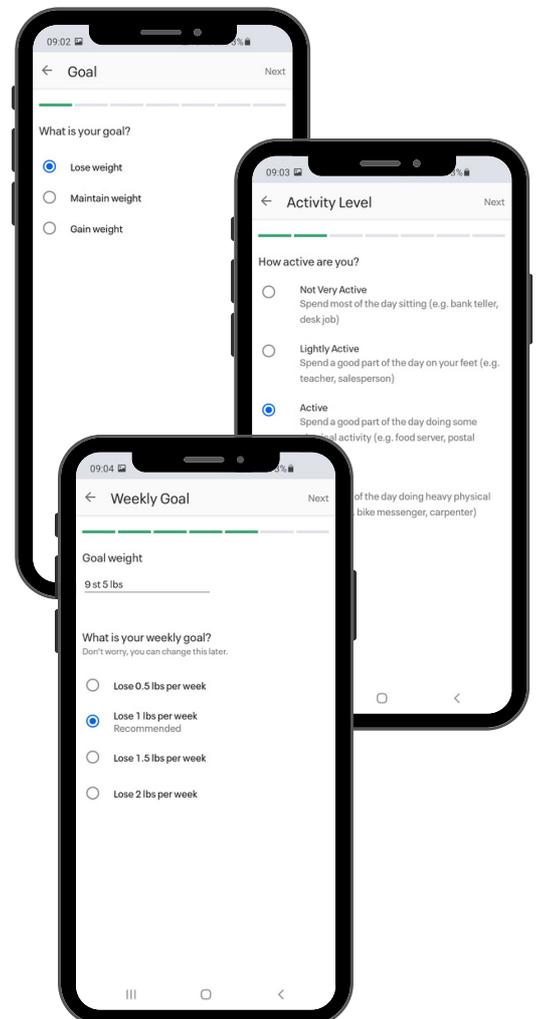
[Download APP from Apple Store](#)

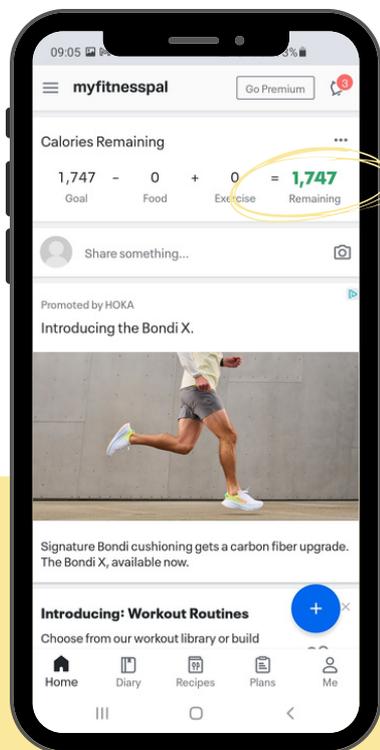


[Download APP from Play Store](#)

THE SET UP

When you initially download the APP, it will ask you a number of questions based on your body composition and your goals. Make sure that your weight and your height have been taken in the last week. This information needs to be up to date or otherwise, there may be inconsistencies and your calories and macronutrients may be calculated incorrectly. This can hinder your progress.





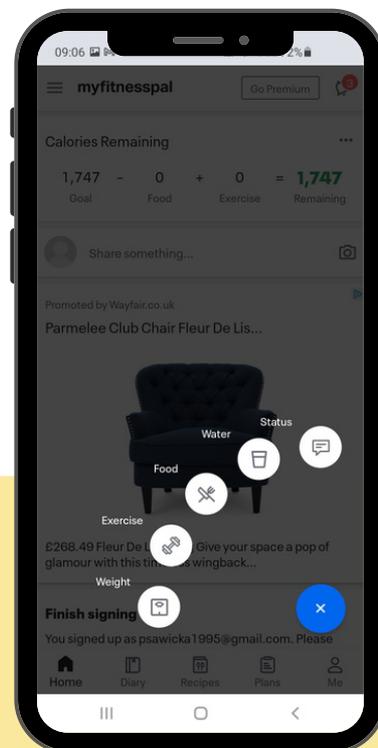
CALORIES

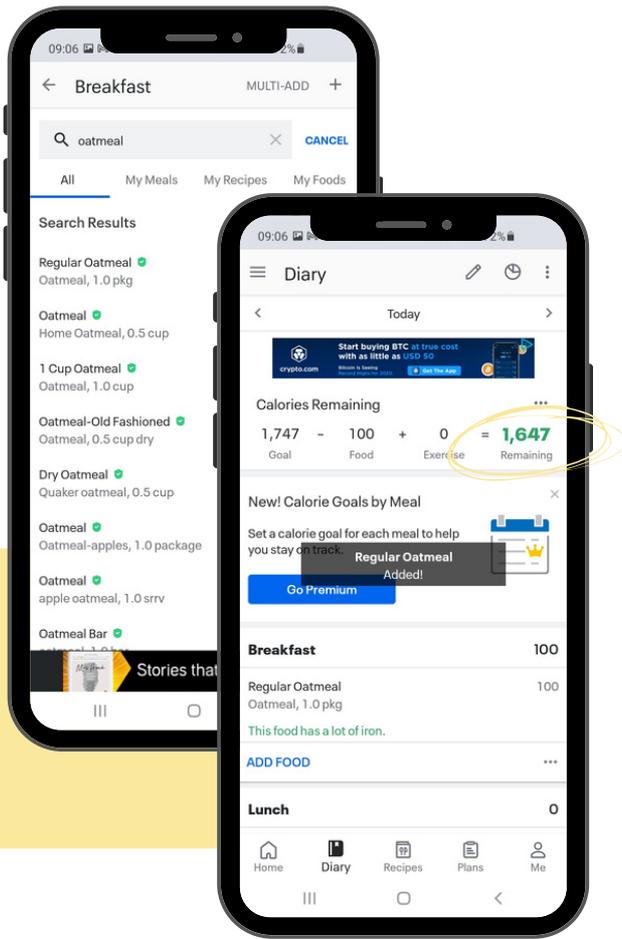
Once your body composition and goals have been entered, MyFitnessPal will automatically calculate your calories.

The green calories are the total calories that you should consume every day, and these are split between food and exercise. When you input exercise, it will add a number of calories to your total. These are extra calories that you can eat in a day.

FOOD LOG

When you click on the blue plus sign on the bottom right corner of the app, you can log your food. So, whenever you've eaten anything, make sure to weigh it using kitchen scales or follow serving recommendations on food labels and insert the appropriate amounts into the app.





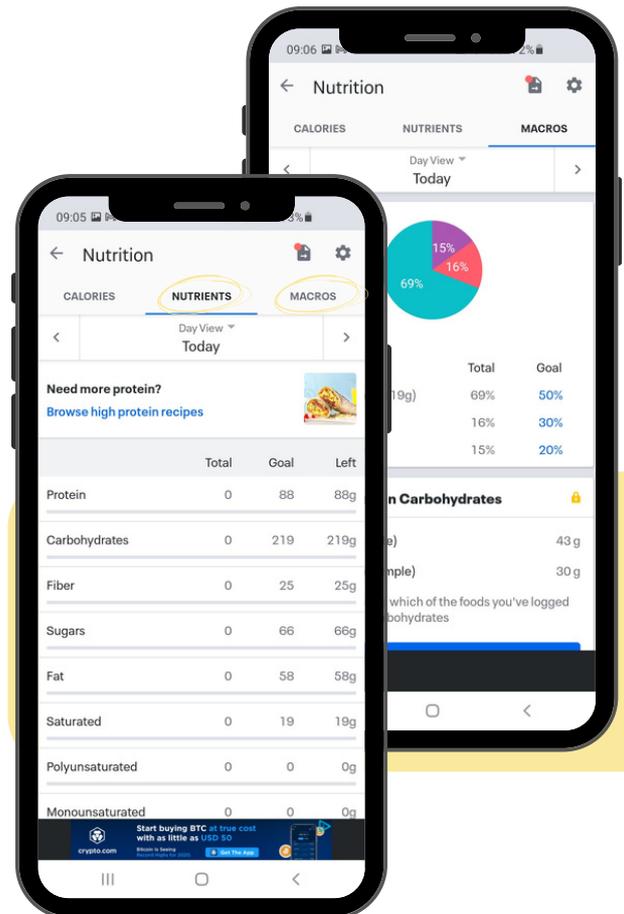
FIND YOUR FOOD

Once you choose which meal you'd like to log, it will take you to the main food search database. You can use the top search bar to find thousands of foods from around the world and a variety of brands. Then simply choose how much you consumed, and it will calculate the calories and macronutrients for you automatically. As you can see, once oatmeal was added, the total calories on the homepage were reduced.

TRACK YOUR MACROS

When you click on the 'calories remaining' tab, you will be taken to another screen that shows you your intake for vitamins and minerals as well as macronutrients.

The APP automatically calculates your requirements for nutrients based on your body composition (height and weight). Whenever you add any food or drinks that you consume, it will also update your intake for nutrients. You can track how much you've already consumed of a particular nutrient and how much more you should consume.



THANK YOU



admin@REACHPublishing.org