

# Macronutrient Ratios

Your health conditions, age, gender, and lifestyle determine how much of each macronutrient you should consume. The amounts (provided in grams) are guidelines for healthy average size men and women who are moderately active. Guidelines that are usually appropriate for neurological conditions are **highlighted**. Your healthcare practitioner will indicate the appropriate ratios for you to follow.

## Carbohydrates

	% Carbs	Carb (Grams) for Men (2600 kcal/day)	Carb (Grams) for Women (2000 kcal diet)	Goal/Population
<b>Ketogenic</b>	< 10%	< 65 g	< 50 g	<ul style="list-style-type: none"> <li>- Epilepsy, brain injury or neurodegenerative disease (Parkinson's, Alzheimer's, etc.)</li> <li>- Severe blood sugar problems</li> </ul>
<b>Low Carb</b>	10 – 15%	65 – 100 g	50 – 75 g	<ul style="list-style-type: none"> <li>- Weight loss</li> <li>- Blood sugar regulation</li> <li>- Mood disturbances</li> <li>- Blood sugar regulation</li> <li>- Digestive problems</li> </ul>
<b>Moderate Carb</b>	15 – 40%	100 – 200 g	75 – 150 g	<ul style="list-style-type: none"> <li>- Generally healthy</li> <li>- Maintain weight</li> <li>- Adrenal fatigue</li> <li>- Maintain weight</li> <li>- Adrenal fatigue</li> <li>- Hypothyroidism</li> <li>- Familial Hypercholesterolemia</li> </ul>
<b>High Carb</b>	> 40%	> 200 g	> 150 g	<ul style="list-style-type: none"> <li>- Athletes and highly active people</li> <li>- Trying to gain weight/muscle</li> <li>- Fast metabolism</li> <li>- Pregnant/breastfeeding</li> </ul>

## Fat

Once you've determined your carb and protein levels, the rest of your calories will come from fat. This could be as high as 80-85% fat on a ketogenic/low carbohydrate/low protein diet.

## Protein

Goal/Population	% Protein	Protein (Grams) for Men (2600 kcal diet)	Protein (Grams) for Women (2000 kcal diet)
<b>Generally healthy or pregnant</b>	10 – 20%	65 – 130 g	50 – 100 g
<b>Weight loss, blood, sugar problems, adding muscle mass</b>	20 – 35%	130 – 230 g	100 – 176 g



**Feed a Brain**