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How many calories fat protein and carbs should i eat

Nutrition expert Dr. Allan Spreen answers common questions about diet and fitness:Q: How many grams of protein should a person consume daily? If you have lost muscle over a long period of time because of yo-yo dieting, should you consume more for a short period until you have regained your muscle tone?A: There are different dietary philosophies, each of which uses different amounts of protein, fat and carbohydrates in the daily intake. "Atkins-type" plans use lots of protein, where over 50 percent of the diet can be protein (in the early stages of the plans). In "Zone-type" plans the recommendations are for 40 percent of daily intake to be protein, with 30 percent fat and 30 percent carbohydrates. In "Low-fat-type" regimens up to 70 percent of the diet can be carbohydrates with as little as 10 percent fat, which doesn't leave much room for lots of protein.A long-time, rough rule of thumb for daily protein intake has been 1 gram of protein per kilogram of body weight (a kilogram, or Kg., is equal to 2.2 pounds). This would be about 50 grams daily for a 110-pound person, and about 70 grams for a 154-pounder. Whether or not you need more protein due to "yo-yo" dieting is controversial, but if you are now working out to tone and develop more muscle tissue, then higher intake might be warranted. Ask your doctor. By Tiffany AyudaThe New York Times published an article "Should Athletes Eat Fat or Carbs?" last week which was based on a study that shows a diet comprised of 85 percent fat can help improve overall performance for ultra-endurance athletes more than the traditional high-carbohydrate diet considered best for athletes. And by fat, they mean good fats that come from foods like nuts, avocados, and extra-virgin olive oil — not your cheeseburgers and French fries. But before you throw all your healthy eating rules out the window, it's important to note that this recommendation is not for most of us — these recommendations for real athletes. We're talking about people who exercise for a living — think NBA players, Olympic swimmers, or professional marathoners. Let's be honest: Most of us don't run more than two marathons a week or work out at all hours of the day, so this way of eating is not recommended, even for high school and college players and people who exercise regularly. However, this information certainly brings into question traditional thinking and, as so often with these studies, leaves us wondering if this type of eating could benefit other types of athletes or moderately active people. We'll need to continue to watch the research for more answers. It's important to remember that carbohydrates are an essential part of a healthy, well-balanced diet and provide fuel for your workouts in the form of glycogen, which is stored in the liver and muscles. Fat, however, must be broken down into fatty acids before it can be used as fuel, and only endurance athletes who vigorously exercise throughout the day are able to use up all their glycogen stores before their bodies start using fat. A ketogenic diet, like the ones the article reviews with 85 percent of the diet from fat, forces your body to use fat more readily as an energy source. This is referred to as a 'ketoadaptation' and takes several weeks to achieve. Still, it's not a good idea to overdo it on carbohydrates or fat for all your meals. Fats should only comprise 20 to 30 percent of your total daily calorie intake per meal (think two slices of avocado). Carbohydrates should make up 40 to 50 percent of your meal, and sources of good carbohydrates include vegetables, fruits, legumes, and whole grains. Government experts have offered suggestions for the 2015 Dietary Guidelines, (due to be published in the fall) which encourage Americans to cut down on meat, added sugars, and starchy, high-carb foods and include more fruits, vegetables, whole grains, and healthy fats into their diets. "The move toward reducing the amount of carbohydrates recommended for the general public is because most of us are not active. We sit too much! When we don't move, or if we move for only an hour a day, we're not utilizing all the carbohydrates we are eating, and therefore we continue to gain weight and increase our risk for chronic diseases. For the most part, we are moving too little and eating too much and especially carbohydrates because they are easy, available, and taste good," says Maureen Namkoong, MS, RD nutrition and fitness director at Everyday Health. There's a place for good carbohydrates and fats in a balanced diet. Good carbohydrates and fats give you energy, may help you lose weight, and promote cardiovascular health. But too much of a good thing can be bad — and this is true for fats and carbs, too. Related: Jillian Michaels: 5 Great Fat-Burning Foods5 Surprising Ways to Lower Your Cholesterol With Avocados!4 Energizing Afternoon Snacks We may have started a new year, but the keto craze continues. With a staggering 3.9 million posts under the hashtag #keto on Instagram, the ultra popular diet shows zero signs of losing speed. If you need a quick refresher on the basics of the ketogenic diet, here's the CliffsNotes version: The medical diet first surfaced in the 1920s as a treatment for patients with drug-resistant epilepsy. These days, the high-fat, low-carbohydrate meal plan is followed primarily as a means for weight loss. Keto meals are comprised of about 70%-80% fat, around 20% protein, and around 5% carbs. That means both "good" and "bad" carbs are basically off-limits on the keto diet. "Fruit, grains, starchy and root vegetables like parsnips, beans, lentils, sweeteners, baked goods, juices, smoothies, and sodas are cut out," explains Carolyn Brown, RD, a nutritionist at Food Trainers in New York City. Limiting your intake of refined carbohydrates like white bread and baked goods is never a bad idea. But restricting complex carbs like those found in whole grains, fruits, and veggies can lead you to lose out on critical vitamins and minerals. Below, five carb-rich foods that deliver major health benefits—but aren't keto-friendly. RELATED: 9 Fruits You Can Actually Eat on the Keto Diet "Whatever diet works best for you, veggies should really be at the forefront and make up at least half of your plate," says Brown. Apart from their ability to lower chronic disease risk, vegetables provide fiber, phytonutrients, and bulk that helps keep us satiated. Take carrots, for example. A half cup of baby carrots (about six) delivers 6 grams of carbs, about 10% of your allotted daily carbohydrate intake on the keto diet, which is around 50 grams per day. That relatively high carb content is likely to cause keto eaters to avoid carrots like the plague. Because who eats just six baby carrots at a time? The too-sweet-for-keto veggies are also packed with beta carotene, the antioxidant precursor to vitamin A, which promotes eye health and skin health and is critical for proper immune function. "Right off the bat, cutting carbs can result in low blood sugar, low energy, moodiness, hunger, and exhaustion," says Brown. "When people cut out carbs long term, we find that when they add them back in they regain all the weight lost and then some." Plus, carbs are delicious and food is meant to be enjoyed, adds Brown. "It's more about choosing the right ones and keeping quantity in check." Keto eaters are advised to significantly limit their intake of whole grains like oats, which serve up 14 grams of carbohydrates per half cup, nearly a third of the carbs allotted for one day. Yet oats aren't empty carbs. The breakfast staple contains soluble fiber that's critical for maintaining heart health and lowering cholesterol levels (which may be even more important when you're loading up on animal foods high in saturated fat while eating keto). Oats also contain some protein and important minerals like iron, folate, and magnesium. RELATED: 7 Dangers of Going Keto Keto lovers like to think of fruit the same way most of us think of candy: as a once-in-a-while treat that's not to be consumed daily. While low-glycemic fruits like berries are allowed in moderation on the ketogenic diet, fruits that fall higher on the glycemic index are on the outs. A medium banana containing 27 grams of carbohydrates, then, is almost a sure keto no-no. While it's true that diabetics may want to steer clear of the starchy fruit, avoiding bananas simply because they fall on the higher end of the carb spectrum isn't necessary for everyone, especially since they provide potassium, vitamin B6, and fiber. Bananas also act as prebiotics—aka food for the good bacteria in your gut. RELATED: 6 "Bad" Carbs That Are Actually Good For You Eat a cup and a half of cooked lentils (which contains around 60 grams of carbs) and you've already exceeded your keto carb intake for the day. That leaves no room for fruits, veggies, whole grains, or dairy on your plate at any other meal. It's not surprising, then, that keto eaters stay away from pulses. Lentils are far from the enemy, though. Just one cup of cooked lentils contains around 18 grams of protein (as much as three eggs) and 15 grams of fiber; minerals like copper, manganese, zinc, and phosphorus; and no saturated fat, making them a plant-based nutritional powerhouse. Still, if you do choose to try the ketogenic diet, be strategic about when you nosh on your allotted carbohydrates. "Consider eating your carbs pre-workout, as they give you a quick energy spike," says Brown. RELATED: The Best Diets of 2019—and Why the Keto Diet Ranked So Low Nut lovers beware, cashews aren't keto-friendly. Though most of us place nuts in the fat or protein category, they do contain carbohydrates, and the amount in certain varieties can add up when following a ketogenic meal plan. A quarter cup of cashews, for example, will set you back about 10 grams of carbohydrates, roughly 20% of your daily recommended carb intake while eating keto. While we don't suggest eating a whole cup of cashews, placing the nuts on your don't-eat list isn't necessary. Why? Eating an ounce of cashews—about 18 nuts—will give you 17 milligrams of healthy omega-3 fatty acids (an ounce of almonds, on the other hand, contains 0 mg). Early research even shows adding cashews to your diet may lower "bad" LDL cholesterol. Medically reviewed by Gerhard Whitworth, R.N. — Written by Jon Johnson on December 7, 2018Triglycerides are the most common type of fat in the body. The food that people eat, whether it is from animal or plant sources, can affect the levels of triglycerides in the blood. There are many different types of fat, from the polyunsaturated fats in olive oil to the saturated fats in red meat. They all contribute to triglyceride levels in the body but do so in different ways. When a person eats more calories than their body needs, it stores these extra calories in the form of triglyceride fats. When the body needs more energy at a later stage, it consumes these fats. Triglycerides are important for health, but high levels increase the risk of heart disease, which is the leading cause of death in the United States. Lowering triglyceride levels and reducing other risk factors can decrease a person's likelihood of developing heart disease. There are many ways to reduce triglyceride levels safely. The best method may depend on the cause of the high triglyceride levels. Share on PinterestSalads and other dishes that contain vegetables tend to have fewer calories and more fiber, both of which can help reduce triglyceride levels. Regularly consuming more calories than the body can burn off will result in an excessive number of triglycerides in the body. One way to lower triglyceride levels in the blood is to consume fewer calories each day. According to the American Heart Association (AHA), a 5–10 percent weight loss can decrease triglyceride levels by 20 percent. There is a direct correlation between the extent of weight loss and the decrease in triglycerides. The body needs fats to function correctly, but some fats are more healthful than others. Choosing healthful fats may help reduce triglyceride levels. Solid fats come from meat, full-fat dairy products, and some tropical oils, such as coconut and palm oil. These foods contain trans fats and saturated fats. Trans fats and saturated fats raise triglyceride levels, so people should try to replace them wherever possible. Unsaturated fats, especially polyunsaturated fats (PUFAs), can help lower triglyceride levels. Avocados and olive oil contain monounsaturated fats, also a healthful choice. Omega-3 fats are present in cod liver oil, flaxseeds, and cold-water fish, such as salmon and sardines. People can add PUFAs to their diet by eating these foods. TipsInstead of a steak or hamburger, which are high in saturated fats, people can opt for a fillet of salmon or a tuna sandwich. Animal products, such as lean meats, skinned poultry, fat-free or low-fat dairy, and seafood, are also good options. Fats should represent between 25 and 35 percent of the diet, according to the AHA. People should limit their total carbohydrate intake to less than 60 percent of their recommended daily calorie allowance. If a person eats more carbohydrates than they need, the body will store them as fat. A rise in triglyceride levels seems to accompany diets with a carbohydrate intake above 60 percent. There are many ways to avoid carbohydrates, such as wrapping lean burgers in lettuce instead of a high-carb bun. Some carbohydrate foods, including certain cereals, can be beneficial in the diet. However, refined carbohydrates, such as white bread, offer little nutrition and add calories to the diet. TipsTo get more healthful carbohydrates, choose whole grains, oatmeal, and vegetables, such as carrots. For dessert, opt for fresh or frozen blueberries, blackberries, or raspberries instead of sugary baked goods. These fruits can reduce sugar cravings while also providing healthful carbohydrates. Unrefined carbohydrates are not only a source of dietary fiber, but they provide more rapid and prolonged satiety than refined carbohydrates as they release their energy more slowly. Sugars are a form of carbohydrate, and they are high in calories. Foods that contain a lot of simple sugars, especially refined fructose, can raise triglyceride levels. Added sugar comes in many forms, including white sugar, brown sugar, honey, cane juice or cane syrup, corn sweetener or corn syrup, fruit juice concentrate, glucose, fructose, dextrose, maltose, lactose, sucrose, syrups, such as maple, agave, and molasses. People should avoid added sugars to help reduce their triglyceride levels. TipsInstead of sugar, sprinkle spices, such as cinnamon or ginger, on cereals or oatmeal, to add flavor. Opt for fruit-based desserts instead of ice-cream or sticky puddings. When buying ready-to-eat products, remember that many contain—including some savory items, such as tomato ketchup—contain added sugar. Therefore, check the label before buying a product and try to find one with low sugar content. Every 4 grams (g) of sugar is equivalent to 1 teaspoon (tsp). The AHA recommends a daily maximum sugar intake of 25 g (about 6 tsp) for women and 36 g (9 tsp) for men. Share on PinterestDrink water instead of sweetened beverages. Even packet or bottled juices can be high in sugar. Beverages often make a significant contribution to overall carbohydrate and sugar intake. Fruit drinks, soft drinks, and other sugar-sweetened beverages are some of the primary sources of added sugars in the diet. Alcohol also has a direct effect on triglyceride levels in some people. People looking to reduce their triglyceride levels may find it beneficial to avoid alcohol. Taking steps to avoid beverages containing added sugars can significantly reduce overall calorie intake. TipsInstead of beverages that contain high levels of added sugars, people can opt for low-calorie beverages, such as water or tea. On a warm day, instead of reaching for a soft drink, try adding a splash of 100 percent fruit juice to a glass of sparkling water. Physical activity also plays a vital role in reducing triglyceride levels. Burning calories ensures that the body is using up more of its triglycerides. Any exercise is beneficial, but the extent of its effects will depend on the person's initial triglyceride levels, the amount of exercise, the level of intensity of the exercise. TipsWalking for 30 minutes each day is a great way to begin, as is engaging in low-stress activities, such as cycling or swimming. The AHA recommends that adults do at least 150 minutes of moderate aerobic activity, 75 minutes of vigorous aerobic activity, or a combination of both each week. Some drugs contribute to higher levels of triglycerides. According to a 2017 study, these include: oral estrogen, corticosteroids, retinoic acid derivatives, beta-adrenergic blocking agents, thiazide diuretics, protease inhibitors, bile acid sequestrants, anti-psychotic drugs, cyclosporine, and tacrolimus. L-asparaginase, interferon alpha-2b, cyclophosphamide. A person should not stop taking a drug without speaking to a healthcare professional first, as this can be dangerous. Anyone who has concerns about the side effects of a drug that they are using should also get professional medical advice. Share on PinterestA regular health check can help you keep track of your triglyceride levels. The most common causes of high triglyceride levels relate to diet and metabolism. As well as excess body weight and a high-fat, high-carb diet, several health conditions can increase the risk. According to a study that appeared in the journal Nutrients, other risk factors for high triglyceride levels include type 2 diabetes and kidney diseases, such as uremia. Genetic factors may also make a person more likely to develop high triglyceride levels under certain circumstances. If tests show that a person's triglyceride levels are high or they have a family history of high triglyceride levels, a doctor might suggest further investigations or monitoring. Taking this action can help them find out if there is an underlying health problem or enable them to advise a person how to keep their triglyceride levels low. Triglyceride levels can also rise during pregnancy. If other measures do not work, a doctor may prescribe medications, such as statins, to reduce triglyceride levels. Some doctors prescribe fibrates, which are lipid-lowering drugs, for people who cannot tolerate statins. The results of some studies have suggested that adding niacin, fibrates, or fish oil to statin treatment may make it more effective. However, more research is necessary to confirm this benefit and to establish whether these treatments are safe and the best way to use them. If a person's triglyceride levels are too high, they have a higher risk of certain diseases and disorders. According to a study in The Lancet Diabetes & Endocrinology, high triglyceride levels play a role in cardiovascular diseases, such as coronary artery disease and atherosclerosis. High triglyceride levels may have this effect because they can cause a buildup of plaque in the arteries. Plaque is a combination of cholesterol, triglyceride fats, calcium, cellular waste, and fibrin, which is the material that the body uses for clotting. Plaque buildup increases the risk of heart diseases as it blocks the normal flow of blood in the arteries. Plaque may also break off to form a clot, which could cause a stroke or heart attack. Triglyceride and cholesterol levels are two of the most important factors to monitor for a healthy heart. There is also a risk of damage to the pancreas if triglyceride levels get too high. According to the AHA, at-risk levels range from 150–199 milligrams per deciliter (mg/dl). High triglyceride levels range from 200–499 mg/dl. Very high levels begin at 500 mg/dl. The AHA still considers triglyceride levels of up to 150 mg/dl to be within the normal range, but they recommend keeping levels below 100 mg/dl for optimum health. It is possible for people to lower their triglyceride levels by watching what they eat and adopting a nutrient-rich diet. Eating plenty of fruits, vegetables, whole grains, legumes, nuts, and seeds can increase nutrient intake while reducing calories. A diet that is good for the heart and blood will also be low in sodium, refined grains, added sugars, and solid fats. People should work directly with a doctor or dietician to make gradual changes to their diet and ensure that any medicines they are taking will not cause complications. Last medically reviewed on December 7, 2018

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