

Rethinking Macro Breakdowns for Improved Health Outcomes

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Overview



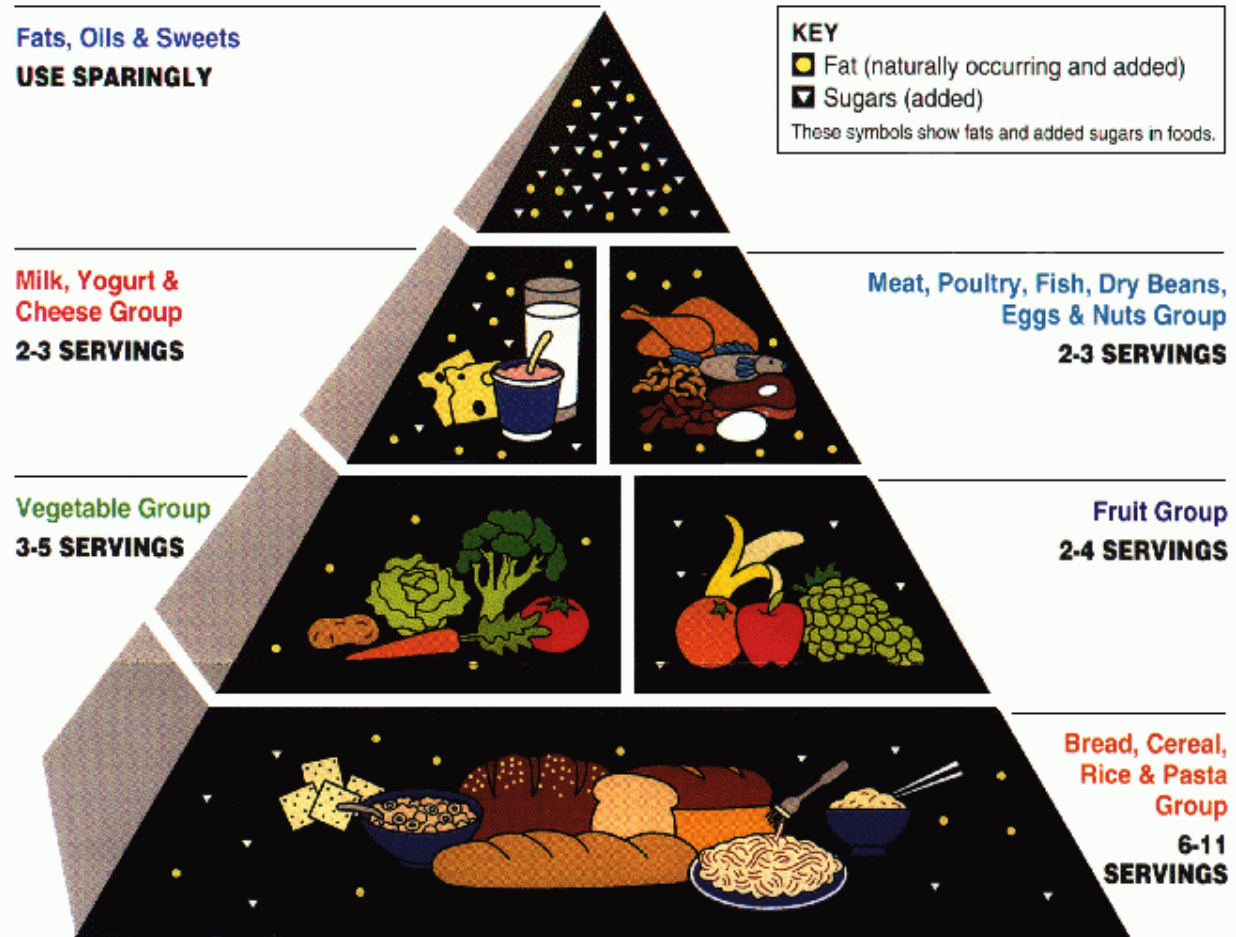
Dave Asprey 
@bulletproofexec

Macronutrients are dumb.

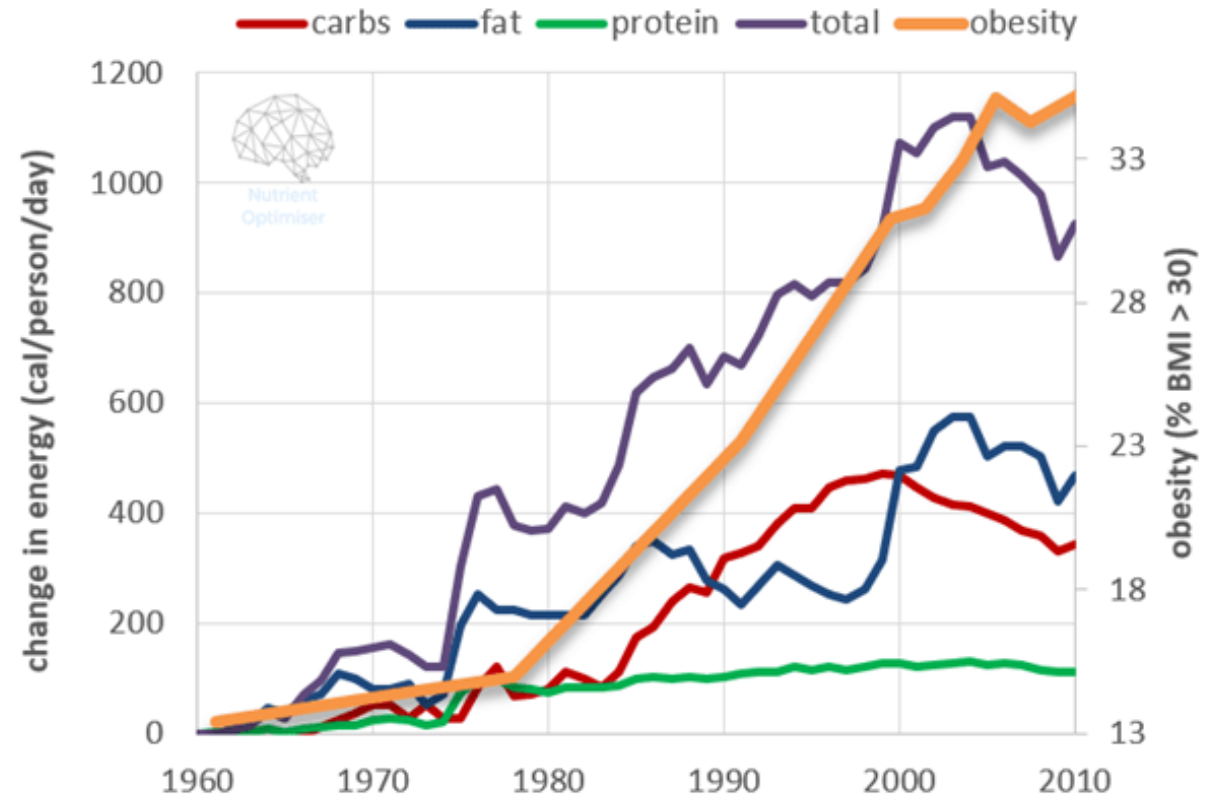
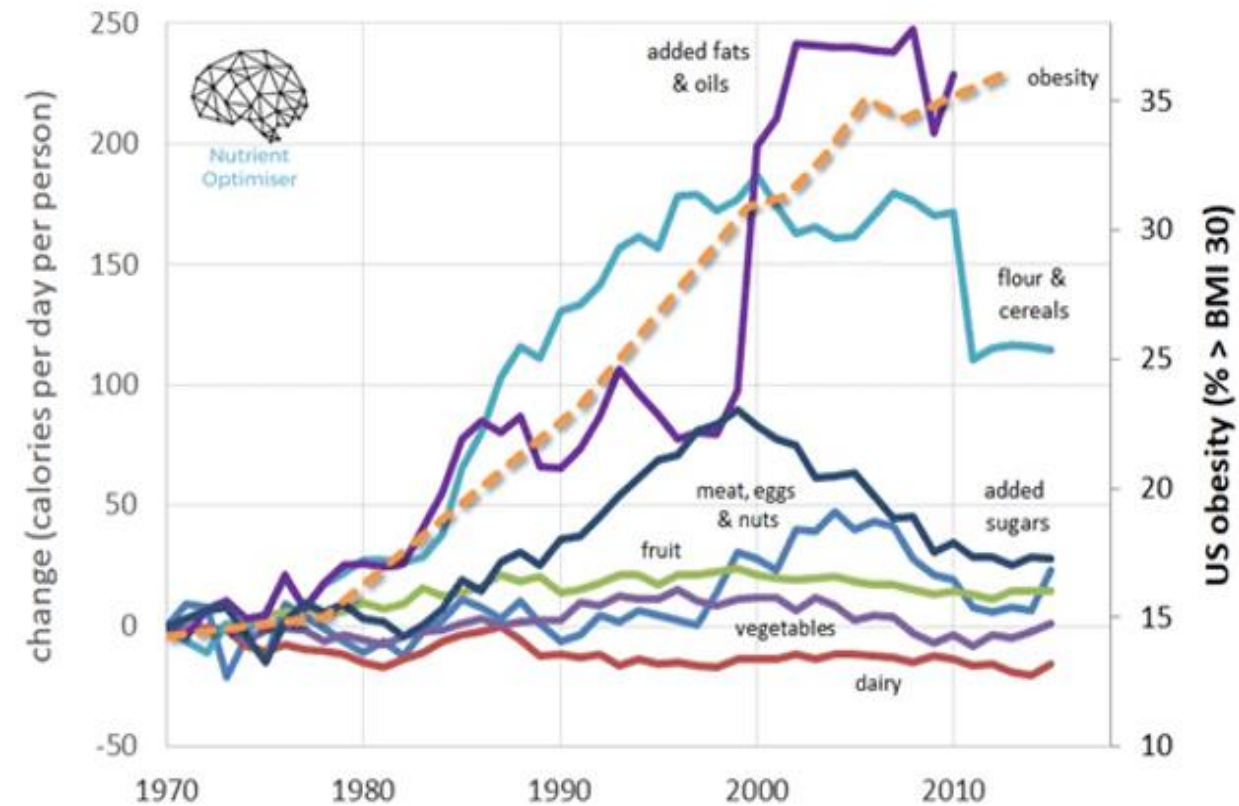
Overview

- Problem: Food Industry
- Solution: Protein and Fiber
- Action: Protein Needs and Fears

Problem



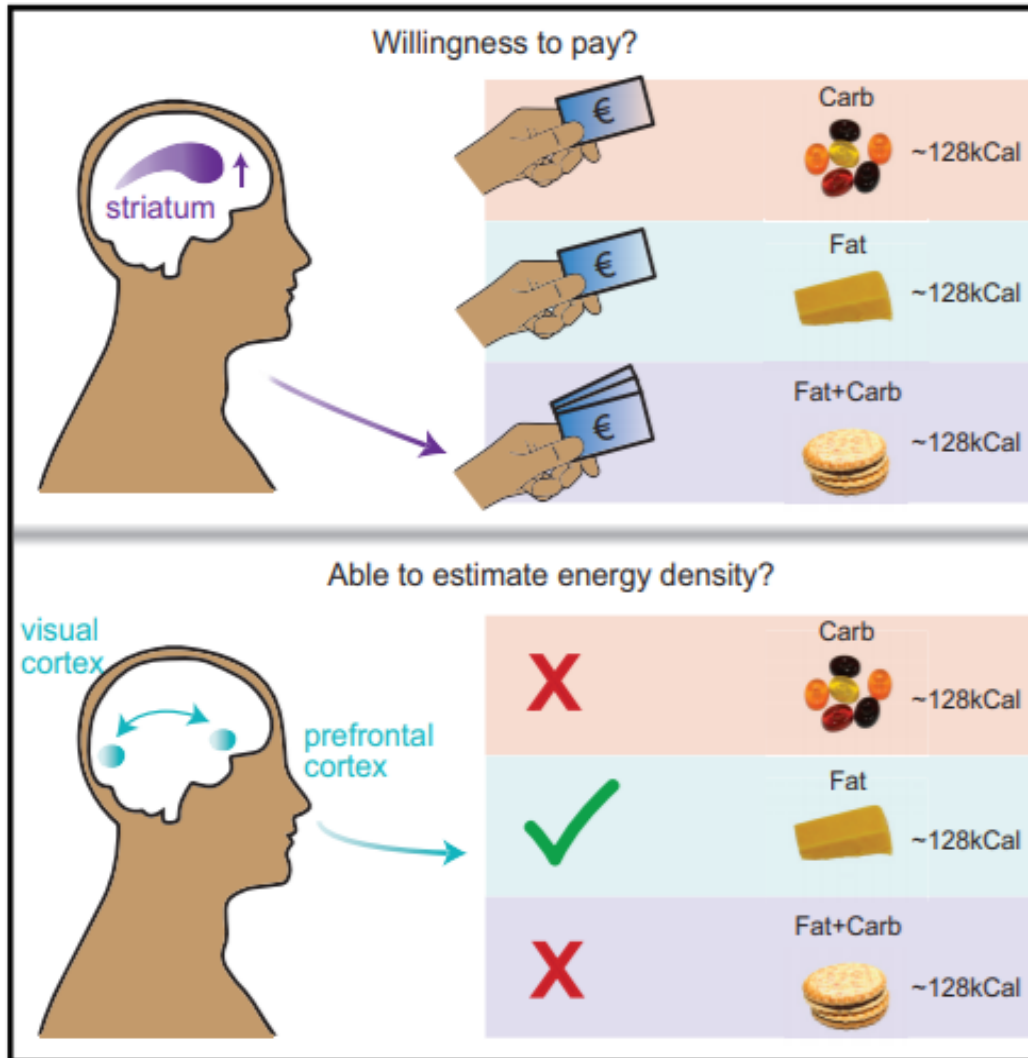
Problem



Problem



Problem

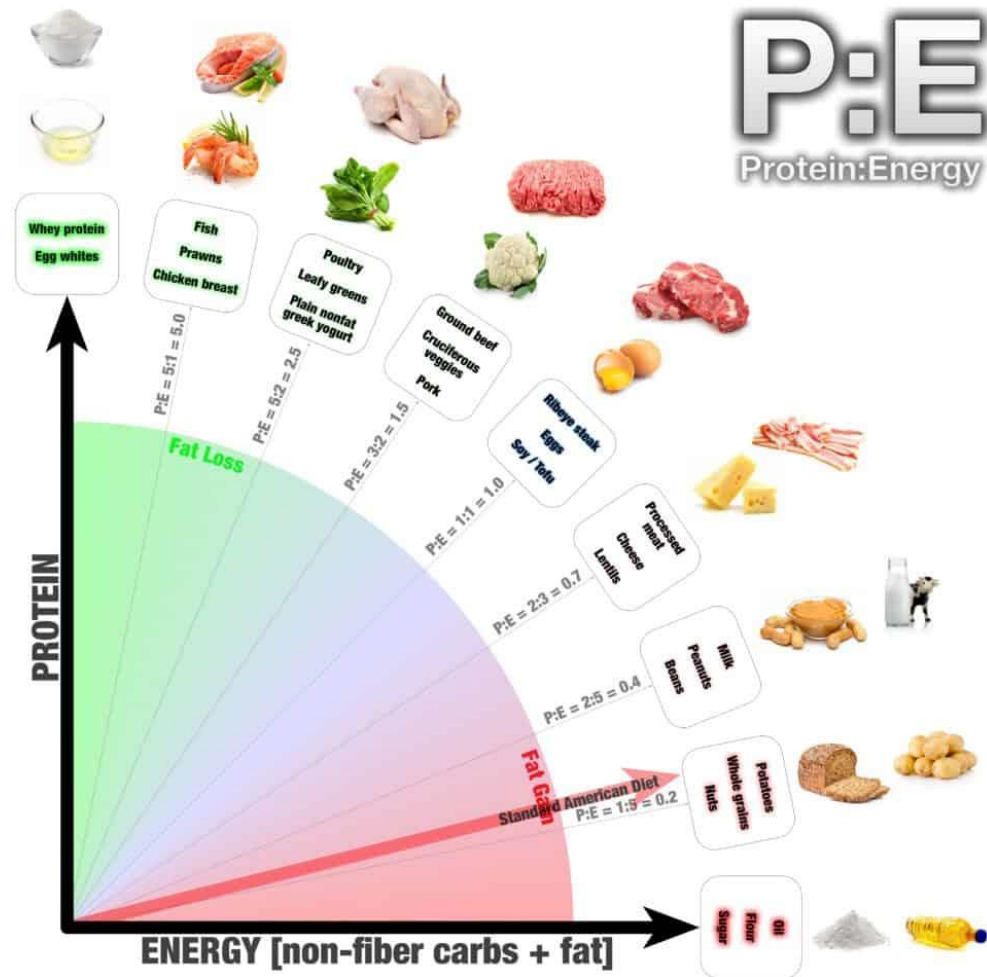


Supra-Additive Effects of Combining Fat and Carbohydrate on Food Reward

Highlights

- Fat and carbohydrate interact to potentiate reward independently of liking
- This is reflected in supra-additive responses in the striatum during food valuation
- Participants are able to estimate energy density from fat, but not carbohydrate
- Accurate estimation of energy density recruits a prefrontal-fusiform gyrus circuit

Ratio Protein : Energy



Solution: Protein and Fiber

- Satiety
- Nutrient Density
- Gut Function

Action: Protein Needs and Fears

International Society of Sports Nutrition:

- Exercising individuals need approximately 1.4 to 2.0 grams of protein per kilogram of bodyweight per day
- Concerns that protein intake within this range is unhealthy are **unfounded** in healthy, exercising individuals