

# NUTRIENT INTAKE & RATIO WORKSHEET



NAME: \_\_\_\_\_

		GOAL		
		(Circle One)	Weight Loss	Weight Maintenance
LIFESTYLE	Sedentary	12	14	18
	Moderative Active	14	16	20
	Very Active	16	18	22

		NUTRIENT % RATIOS		
		(Circle One Line)	Protein	Carbs
BODY TYPE	<b>Ectomorphic:</b> Thyroid Dominant	30%	55%	15%
	<b>Mesomorphic:</b> Testosterone & Growth Hormone Dominant	30%	40%	30%
	<b>Endomorphic:</b> Insulin Dominant	35%	25%	40%

## MATH

Weight \_\_\_\_\_ \* Lifestyle/Goal \_\_\_\_\_ = \_\_\_\_\_ **Calories Per Day**

Calories Per Day \* Body Type/Protein % \_\_\_\_\_ / 4 = \_\_\_\_\_ **Grams Protein Per Day**

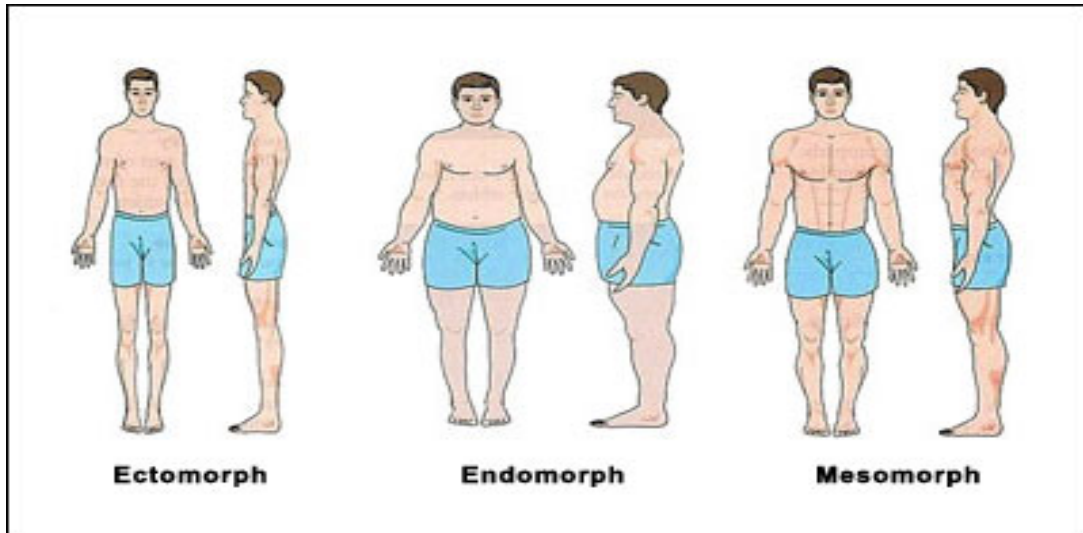
Calories Per Day \* Body Type/Carbs % \_\_\_\_\_ / 4 = \_\_\_\_\_ **Grams Carbs Per Day**

Calories Per Day \* Body Type/Fat % \_\_\_\_\_ / 9 = \_\_\_\_\_ **Grams Fat Per Day**

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## WHAT'S YOUR BODY TYPE?



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**Ectomorphs** are thin individuals characterized by smaller bone structures and thinner limbs. Think of a typical endurance athlete. They tend to be thyroid and SNS dominant with either a higher output or higher sensitivity to catecholamines like epinephrine and norepinephrine. This profile is linked to a fast metabolic rate and a high carbohydrate tolerance.

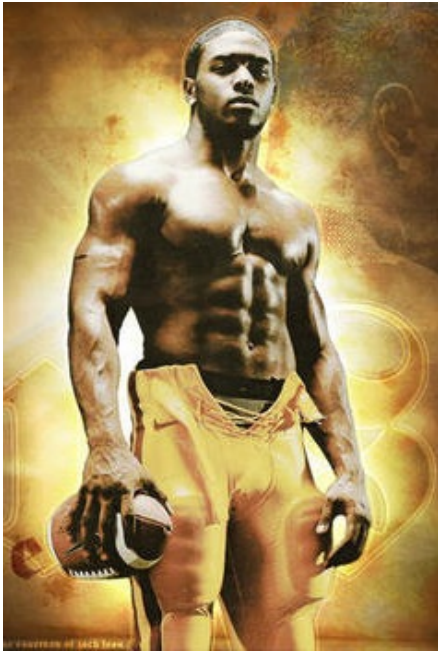


## **Ectomorphs Running**

This group generally does best with more carbohydrates in the diet, along with a moderate protein and lower fat intake. A nutrient distribution for this body type would ideally be around 55% carbs, 30% protein, and 15% fat.

- Carb Tolerance: High
- Carb Timing Ideas: Should include dense carb foods during/after exercise. Some starchy, whole grain, unprocessed carbs can also be eaten at each other meal if desired. Veggies and/or fruits (~3:1 serving ratio) should be eaten at each meal.

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**Mesomorphs** have a medium sized bone structure and athletic body, and if they're active, they usually have a considerable amount of lean mass. Many explosive athletes like wrestlers and gymnasts fit these criteria. Mesomorphs tend to be testosterone and growth hormone dominant. This profile leads to a predisposition for muscle gain and the maintenance of a lower body fat.

Mesomorphs typically do best on a mixed diet, consisting of balanced carbohydrates, proteins, and fats. A macronutrient split of 40% carbohydrate,

30% protein, and 30% fat can work well.

## **Mesomorph Reggie Bush**

- Carb Tolerance: Moderate
- Carb Timing Ideas: Should include dense carb foods, but only during/after exercise. Starchy, whole grain, unprocessed carbs can also be eaten at breakfast and post exercise. These foods should be used in moderation during the rest of the day. Veggies and/or fruits (~3:1 serving ratio) should be eaten at each meal.

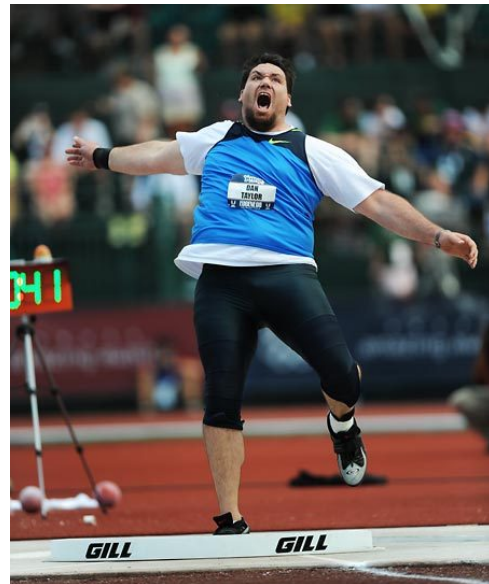
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**Endomorphs** have a larger bone structure with higher amounts of total body mass and fat mass. Football lineman and powerlifters are frequently endomorphs. They tend to be insulin dominant. This profile leads to a greater propensity for energy storage, including both lean mass and fat mass. This can also mean a lower carbohydrate tolerance.

Endomorphs typically do best on a higher fat and protein intake with carbohydrate intake being controlled and properly timed

(e.g., after exercise). Their ideal intake might look like 25% carbs, 35% protein, and 40% fat.



**Endomorph Dan Taylor**

- Carb Tolerance: Low
- Carb Timing Ideas: All dense carb foods should be included only during/after exercise. Veggies and/or fruits (~5:1 serving ratio) should be eaten at each meal.