

## Macros 102 Questionnaire

1. What is the difference between portion and serving size?
2. How long should you measure food? Why?
3. What is the difference between weighing and measuring food? What is more accurate and why? What is your preference?
4. Why is protein in your diet important?
5. Based on the calculation in this video, the RDA recommended protein in grams is .8 g/kg of body weight. What do most nutrition experts think you should aim for in grams of protein? What percentage does the ISSN suggest? Taking your bodyweight, what does that calculate to? HINT: (your body weight in grams/ 2.2) = kg. Kg x ISSN suggestion =?
6. What will you add to your diet to get to at least 100g of protein per day? What will you “sneak” in?
7. Good versus bad food concept. Why do you want to aim for mostly nutrient dense macronutrients (higher in vitamins and minerals)?