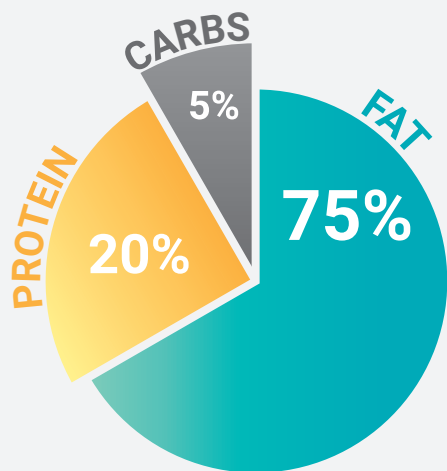


Macros &

Calorie Counting on Keto

Macros are your daily caloric intake for the keto diet, broken into categories of optimal fats, carbohydrates, and proteins. They are also your literal map for keto success.

% TO CONSUME DAILY



Factors impacting macronutrient recommendations



AGE



HEIGHT



WEIGHT



ACTIVITY LEVEL



BODY FAT PERCENTAGE



WEIGHT GOALS



MEDICAL HISTORY



GENDER

Key Recommendations

✓ Track your daily macros

✓ Keep net carbs below 20 grams

$$\begin{array}{l} \text{TOTAL CARBS} \\ \text{minus} \\ \text{FIBER} \\ \text{minus} \\ \text{SUGAR ALCOHOLS} \end{array} = \text{EQUALS NET CARBS}$$