



## Cookin' up Fitness

Cultivate, Coach, Cook & Connect

### SportFIT MACRO MAP

Daily (g) Target CHO	150-200	200-250	250-300	300-350	*350+	
Food Category	Target Unit/CHO					1 Unit Equivalent
Fruit	2 - 3	3 - 4	4 - 5	5	5+	½ c juice or melon, ¾ c berries, 1 whole or ¼ c dried fruit
Vegetables	3 - 5	4 - 6	5 - 7	6 - 8	8 +	½ c cooked/1 c raw, 1 c 100% veg juice, 2 c leafy greens
100% Whole Grains ( <b>WG</b> ) or Starchy Vegetable ( <b>SV</b> ) (per preference)	6 - 7	7 - 9	8 - 10	9 - 12	12+	<b>WG</b> 1 slice bread or ½ bagel, ½ c cooked pasta, rice, grits or oatmeal, ¼ c granola, 1 tortilla (6"), 1 pancake (5") <b>SV</b> ½ c cooked or mashed, 1 large whole 2 ¼" or 3 small
Dairy Greek yogurt, milk (soy, almond, regular) & cheese	2	2	3	3 - 4	4 +	1 c regular or soy milk, 1 c Yogurt (6 oz. container), 2 c cottage cheese, 1.5 oz. hard cheese, ½ c ricotta cheese, 1 c pudding, 1.5 c ice cream

**Fruit, Whole Grains, Starchy Vegetables & Dairy can be exchanged or traded out to suit your dietary preference**

Daily (g) Target FAT	45-60	60-75	75-90	90-105	*105+	Daily (g) Target PRO	50-75	75-100	100-125	125-150	*150+
Target Unit/Fat	3 - 4	4 - 5	5 - 6	6 - 7	7 +	Target Unit/Pro	6 - 9	10-13	14- 16	17-19	20 +
Food Category	1 Unit Equivalent					Food Category	1 Unit Equivalent				
Nuts and Seeds	1 ounce/varies 15 to 20 nuts					Beef, Pork, Chicken	1 oz. cooked				
Seeds	1 tbsp. or 3 tsp.					Fish & Shellfish	1 oz. cooked				
Oils or butter	1 tbsp.					Egg	1 whole egg or 2 egg whites				
Salad Dressing	2 tbsp.					Beans, Peas, & Lentils	½ cup cooked				
Peanut Butter	2 tbsp.					Hummus	2 tbsp.				
Avocado	½ medium avocado					Tofu or soybeans	4 oz. or ½ c				
Olives	10 to 12 large green or black olives					Nuts or peanut butter	½ oz. = 12 almonds, 24 pistachios, 7 walnut halves, 1 tbsp.				

**If your target goals are in \* range, please contact us to customize your SportFIT fueling plan**

*Note:* Adapted from: USDA ChooseMyPlate.org, 2015-2020 USDA Dietary Guidelines, NHLBI.NIH Food Exchange Lists