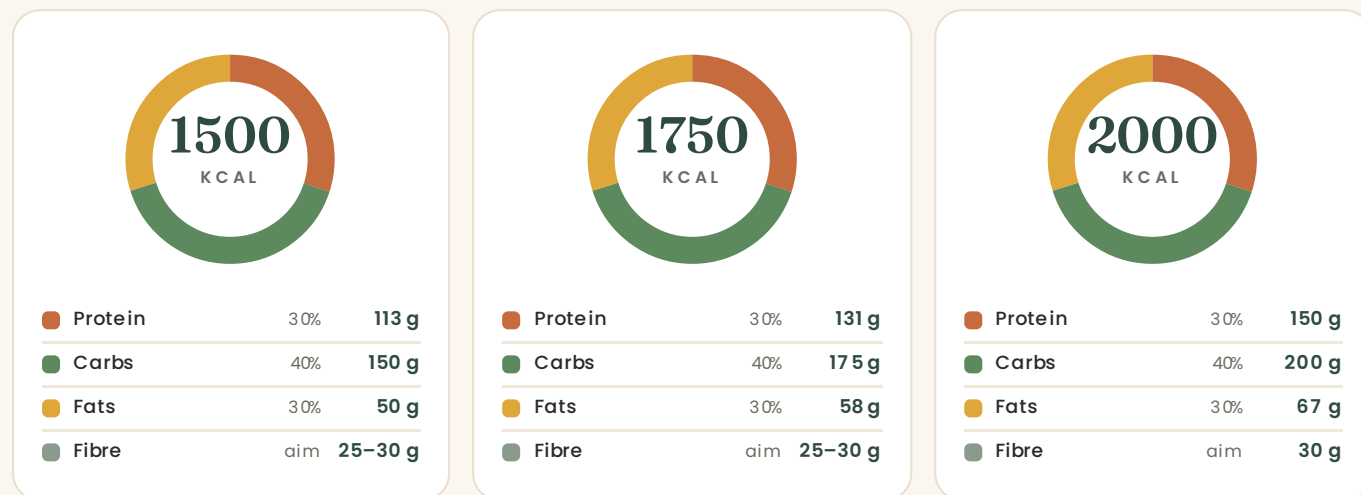


MACRONUTRIENTS & PORTIONS

Your macro balance, at three calorie targets

After 40, protein does more of the heavy lifting — protecting muscle, steadying appetite and supporting a shifting metabolism. The balance below stays the same at every level; you simply scale it to the target that suits your goal and activity.



Same balance, scaled →

A steady **30% protein · 40% carbs · 30% fat** split works across all three targets. Prioritise protein at each meal (20–35 g) to hit your daily total and stay fuller for longer.

Choose the right types

Where those grams come from matters as much as the numbers.

Protein

- Chicken, turkey & lean red meat
- Eggs & Greek yoghurt
- Salmon, mackerel, prawns
- Tofu, tempeh, edamame
- Beans, lentils & chickpeas

Carbohydrate

- Oats, quinoa & brown rice
- Wholegrain bread & pasta
- Sweet & new potatoes
- Fruit — berries, apples, pears
- Plenty of vegetables

Fats

- Olive oil & avocado
- Nuts & seeds
- Oily fish
- Nut butters (no added sugar)
- A little cheese



Don't forget fibre

Aim for **25–30 g a day** from vegetables, wholegrains, pulses, fruit, nuts and seeds. Fibre supports gut health, cholesterol and appetite — and most adults fall well short.