Diabetic.
MUSCLE & FITNESS

NUTRITION CALCULATOR

WHAT THIS CALCULATOR IS?

The Diabetic Muscle and Fitness Nutrition Calculator is a carefully designed spreadsheet you can use under to establish your dietary needs for fat loss and lean mass gain.

All you need to do is answer some simple questions about yourself, and the spreadsheets will calculate your calorie and macronutrient targets for your specific goal.
Once your targets are set, all you need to do is record some basic measurements (daily or weekly) to gauge your body's response.

AS BODY COMPOSITION CHANGES, DIETARY NEEDS NEED CHANGE.

The spreadsheet has been designed to calculate these dietary changes for you which allow you to progress efficiently with your muscle building and fat loss efforts.

WHAT THIS CALCULATOR IS NOT?

The Diabetic Muscle and Fitness Nutrition calculator isn't a replacement for a qualified dietitian, clinical nutritionist or sports nutritionist. Do not see this calculator as an attempt to diagnose, prevent, treat, or cure any disease.

Professional nutritional coaching is essential if you suffer from any illness, have a history of eating disorders or want to push your body to the extreme with performance and body composition.

A MEAL PLAN WITHOUT EDUCATION IS USELESS!

The calculator may give you a small degree of accountability, but will not get you into shape if you fail to be consistent with your diet, training, lifestyle (recovery focused) and blood glucose management.

Please appreciate, as with any calorie calculator - the calorie and macronutrient targets specified are only an estimate and in no way 100% perfect.

It is impossible to know the exact amount of calories you are eating on a day to day basis. For example, nutritional info on the back of food packets is never precise to single servings of food. It's also incredibly hard to know exactly how many calories you burn off as the demands on our body change from day to day!

BASE METABOLIC RATE

The most important elements of energy expenditure that need to be considered include: Basal metabolic rate, non exercise physical activity and the energy used to train (lift weights). I talk about each of these elements in greater detail in chapter 6 of my book. Collectively, they are termed as BASE metabolic rate in the calculator.

IF YOU AREN'T ASSESSING, YOU'RE JUST GUESSING!

However, measuring energy intake and expenditure (physical activity) is a great way to stay accountable and build positive habits that support fat loss, muscle growth and sports performance.

INSTRUCTIONS

Before you start, the green cells are for entering data, the blue cells are calculators and shouldn't be tampered with.

SECTION 1 – FOUNDATIONS

- Fill in your specific age, height and weight for your gender.
- Choose your personal preference between US measures (/height in inches/weight in lbs.) and metric measurements (height in cm\weight in kg)
- These details calculate your BMR (Basal Metabolic Rate)
- To calculate your starting calories otherwise termed 'BASE' Metabolic rate choose an activity level that best describes your day to day routine. If you're unsure, choose the most active option if fat loss is your goal, and vice versa if weight gain is your goal.
- Flick to the next spreadsheet (Nutrition Setup)

SECTION 2 – DIET STRUCTURE

- Enter your base metabolic rate (starting calories) into the first data box.
- The spreadsheet is programmed for bodyweight in lbs. If you used kilos initially, multiply no of kg x2.2 to obtain the weight value in lbs.

PERSONAL PREFERENCE DIET SET-UP

- Now you have the choice to build your diet up from different proportions of carbohydrate, fat and protein.
- I strongly recommend you read chapter 6 of the book before doing this.
- Let's start with the essentials first.
- Fat – 15-25% (if you want to eat more carbs use the lower fat %)
- Protein (g/lb. Bodyweight) – 0.82g /lb. is a solid starting point. You may want to eat more if on lower calories (refer to protein section in chapter 6). There is little need to go over 1.3 g /lb. If you want more carbs in your diet, then consume the lower value for protein. As this will provide a free supply of calories, you can dedicate to carbs.

CARDIO

- If fat loss is your goal, you can follow a set cardio regime or a set step count.
- I find performing a set step count across the day more efficient and effective. All I need to do is move more instead of dedicating fixed periods of time to boring cardio. Tracking activity on a pedometer makes you more mindful of moving. Whereas, a set cardio plan for time, rather than total steps may lead you to sit about more once 'set' exercise is complete.
- A drop in this outside exercise activity can become problematic as you build fatigue and metabolic rate lowers in the final stages of dieting.
- If you want to do fixed cardio you can enter what proportion of your weekly deficit you'd like to come from cardio (this is scaled on a decimal percentage basis - 0.20/20% is a solid starting point)
- If fat loss isn't your goal, you don't need to worry about this. Leave it blank and move on.
- If you want to do cardio (for fun), enter how many calories you'd like to burn per week.

RATE OF CHANGE

- The next stage asks you to enter how many pounds you would like to gain or lose per week.
- Gains are a positive figure (between 0-1)
- Loss is a negative figure (between 0 to -2)
- Based on what you enter - the calculator will tell you what weekly calorie deficit or surplus to aim for in an attempt to meet your desired rate of body weight change.
- You will also see the total amount of calories you need to consume across the week in order to achieve these goals.

MACRO PROJECTIONS

On top of your calories, you will also see the macronutrient projections for your suggested calorie intake.
- These will be presented across a range of different training phases (2-5 days of lifting per week).
- Both cutting and mass gain diet options are outlined.
- Please Note: With larger deficits, you may observe a negative carbohydrate intake. This is because one element of your approach is too extreme. To resolve this tamper with decreasing fat, increase cardio or reducing your rate of target weight loss.

SECTION 3 –ASSESSMENT

- Flick to the assessment page. You can fill in both the number of calories you consume each day and the number of calories you burn through cardio.
- This data summarizes the amount of calories consumed versus the amount burned through cardio. It does not include the energy burned off through non-exercise physical activity or strength training.
- Record your body weight in lbs. and record it in the appropriate daily sections (before eating and after using the toilet). Your average body weight will be totaled.
- Enter the previous week's bodyweight into the appropriate cells and you will be provided with a score for weight gain/loss.
- When you weight loss/gain is less or more than expected, the calculator will adjust your dietary values accordingly. This ongoing adjustment ensure you're always eating the right amount of food for your goals.
- Note the new base metabolic rate figure and plug back into the calorie needs cell on the nutrition set up page. This will calculate your calorie and macro targets for the week ahead.
- You also have the option to track waist, hip and chest circumference all of which are sound measures of total body fat loss and muscle gain.
- The calculator also analyzes the amount of calories your base metabolism will burn per pound of body weight. This is likely to change over time as your body composition changes, especially if fat loss is your goal. The leaner you get, the longer you spend in a deficit the greater chances of your metabolism slowing. If these numbers fall, do everything you can to be more active outside of training and cardio. A pedometer would be useful in these circumstance.
- You have the option to track additional measures here if needed.

SECTION 4 – OVERVIEW

The changes in your key measures are represented graphically in the 'Overview' page.