

Balance365 Episode 214 Transcript

ANNIE BREES (INTRO)

Welcome to Balanced365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees, along with co-founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach 1000s of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental, and emotional well-being with amazing guests. Enjoy.

ANNIE

Hello, everyone, today we are talking to the macro and calorie trackers out there. The ones who are dreaming of the day when they can wake up and not log their food, the ones that have nightmares about fat grams and kitchen scales, to the ones who fantasize about smashing their phones with a sledgehammer and never logging another macro or calorie again, we see you. Today we're going to be unpacking why individuals get so caught up in tracking calories and or macros, what problems come up that can make it more harmful than helpful, and then provide you with a template for how you can transition to a macro or calorie counting free life in a way that makes sense for your life and goals. Before we get started, make sure you grab our guide, "Five Reasons You Crave Sugar" from the link in our show notes. This has some incredibly valuable information for those who want to feel more in control of those nagging cravings for sweets and treats and it's absolutely free. Enjoy this episode, my friends.

ANNIE

Jen, we're talking all about macros -

JEN CAMPBELL

Yes.

ANNIE

- today. I don't want to spend too much time here. Because I think if you're listening to this podcast episode, you probably already know what macro tracking is.

JEN

[Laughs] Yeah.

ANNIE

Like, because you're probably doing it.

JEN

Yes.

ANNIE

And considering, "Should I stop? Do I need to stop? How do I stop?" Can you give us a quick high-level overview of what is macro or calorie tracking?

JEN

Yes, so all food is made up of macronutrients. Those are protein, carbohydrates, and fat. And every macronutrient has energy in it. And that energy is called calories. Protein and carbohydrates both have four calories per gram, and fat has nine calories per gram. So in order to lose weight, you have to be taking in less calories than you expend in a day. And that's simplistic, but it works for the purpose of this podcast. And how many people will approach creating this calorie deficit is to actually count the calories or the macronutrients or both, to make sure that they are eating less than they are expending so that they will lose weight. So macro tracking is the process of logging foods you eat, you know, in an app or in a journal, and then calculating the number of macronutrients in each meal. And then calorie tracking, it would be just slightly less granular, you would still be logging your foods. But instead of calculating how much of each macronutrient you're eating, you would just be looking at total calories.

ANNIE

And full disclosure, these are both strategies that you and I have used at various points. Over the years, some at some points had maybe a more positive experience and at some points had a more negative or unhealthy experience with this tracking of macros or calories. But if you're listening to this, you might be considering like, you don't want to do this, you want to stop. What do you think that feels like? Like -

JEN

Oh I know how that feels. [Laughs]

ANNIE

[Laughs] Why do you think people wish they weren't feeling obligated to tracking macros, or calories?

JEN

So I think, like with any other weight loss methods, macro or calorie tracking can start to feel restrictive. So people may be struggling with dreading it or loathing it. They may just find it distracting. They may find it decreasing the enjoyability of eating, they may find it more harmful than helpful for how they want to live their lives. It could also be bringing out their inner perfectionist and causing them a lot of anxiety. Some people might have kids around and they don't personally feel that it's a behavior that aligns with their family values. Which is also okay. And they may also just be curious about this crazy habit thing [laughs] that we talk about. And they may be thinking, "You mean, there is another way to live and reach your goals without doing all this tracking? Like, count me in."

ANNIE

Yeah, all good reasons and probably so many more. But that's super high level.

JEN

Yeah. And I also, I want to mention that whether you're a macro counter or calorie counter, and you, you know, if you've been doing it for a month, a year, 10 years, remember that that is the skill you've invested in. So if you want to manage your nutrition habits without these, like macro or calorie systems that you use, then you are going to have to practice something else. Does that make sense? You're going to have to develop eating skills and habits. So transitioning away from macro and calorie counting habits, which you might be really good at, into just eating skills and habits, and primarily, internally regulating your food intake as opposed to externally regulating it. Right? So, that's something to think about, where macro and calorie tracking, whether you're logging, you know, using an app or a journal, that's a way of externally regulating your food. And when we transition to internally regulating, we're talking about relying more on your hunger and satiety cues than an external tracker. So letting your body tell you when you are hungry, and how much you want to eat.

ANNIE

And I know we've said many times at various points over the, what? 214 episodes?

JEN

Yes.

ANNIE

That we have recorded. Hat tip to us. Tracking macros or calories is not good or bad. It's just a tool.

JEN

And we actually have a whole podcast episode on that. It's not a perfect tool. Okay? And there is no perfect tool. The problem is that when we have all these calorie and macro counters and they don't, some of those - some, I'll say some - some of those individuals don't have any base-level nutrition or wellness habits or skills. So they become reliant on this tool, and they don't know how to just exist in the world without it right? And we've done podcasts [laughs] on my, on my history with macro and calorie tracking, which is incredibly disordered. But I was trying to do it on the foundation of a very unhealthy relationship with food and my body. And so it became just another diet bandwagon that I jumped on. No nutrition knowledge, no idea of what feels good for me. No sense of my internal cues, and no idea whatsoever how to manage my emotional eating.

ANNIE

Yeah, it's, you're trying to build a house with one tool.

JEN

Yes. [Laughs] It's, all I had was a hammer. And I was trying to build all these walls with a hammer. Yeah, so it's a little chaotic. Yes.

BOTH
[Laugh]

ANNIE

Yeah. Okay. So let's get into how to stop, because that does come up, we often get members who have a strong history, they are really good at this skill. They have excelled in it, they know it really well, which is awesome. And they're also like, I don't want to do this forever and ever and ever. How do I stop?

JEN

So I think it's really important to find an in-between and I'll elaborate on that in a moment. But when I went from diet to diet to diet, it was essentially like Annie is saying, trying to build a house with one tool. So I was like, "Okay, I'm going to try build this house with this screwdriver. Hmm, that's not working so well. Someone hand me a hammer. Throw the screwdriver out. Now I'm going to try and build it with just a hammer." And what we say in Balance365 is the more robust toolbox you have, the more likely you are going to be successful with this nutrition and wellness thing. So what happened for me, as somebody who was trying to build a house with just a hammer, was macro counting. There was no in-between. For me I just stopped. I just got so sick of it I stopped, and I consider that the last, you know, fad diet, quote-unquote fad diet, and I'll also elaborate on that in a moment. But I consider that the last I guess yo-yo dieting extreme I went to, was very strict macro counting to nothing, and then it was a freefall for me, and literally, it felt like jumping off a cliff without a parachute. So I'm going to recommend grabbing a parachute before you jump. I think if you feel macro or calorie counting is an unhealthy behavior for you, I absolutely applaud you for thinking about moving away from it. But let's grab a parachute. So the first thing I want you to do before you quit cold turkey here is to think about what happens when you stop and why. Because if you have an unhealthy relationship with counting calories, or macros, likely you have stopped in the past or you've tried to stop. And so you may even feel familiar with this feeling I've talked about of like just jumping off a cliff. So I think there's three major reasons people feel like they can't, they can't stop macro counting. And that is number one. As mentioned, they have no skills for managing their nutrition or their weight unless they are recording all of their macros. And without it they just they have no idea what they'll do, how they'll eat.

ANNIE

Yeah, so for me that sounded like if I don't have these numbers as bulls' eyes or targets to hit, how do I know how much, and when, and how much protein and how many carbs and how much is too little and too much?

JEN

And you're just flooded, you're flooded with overwhelm essentially. Second, they're anxious about doing it wrong. And perfectionists, I'm talking to you, also talking to myself. [Laughs] So, the perfectionist in me that already existed loved macro counting at first until it became unhealthy. But the meticulousness of it is so attractive to a perfectionist. So when you are not

macro counting, you feel very anxious. And so essentially, you continue macro counting to manage your anxiety.

ANNIE

Yeah, I'm picturing these A+ students in the front row. And the teacher, every meal that they hit their macros or day they hit their macros, the teacher is saying, "Good job getting 100% on the test, you did great! Gold Star. A+." And when you turn to more internal mechanisms and skills of guiding your nutrition, the teacher then is you. [Laughs]

JEN

Yes, absolutely. And then the third reason is that whenever they stop tracking, or trying to stop tracking, they go off the rails with eating and that can feel, you know, physically and emotionally terrible. So they continue tracking to keep themselves from going off the rails. So with those three barriers in mind, let's look at solutions to those barriers. Because like we say, in Balance365, every, you've got to have the right solution for the problem, right? We often in the nutrition world, we have a mismatch of, here's a problem, oh, here's the - we keep handing people the same solution. And it's not right for the problem. So if we have those three problems, let's look at solutions. So number one, if you have no skills for managing your nutrition, or your weight outside of macro counting, then the solution is developing those skills, developing daily habits and skills to manage those aspects of your life in a way that feels good for you. And that is likely going to require a combination of nutritional skills and mindset skills, the ability to critically think and think through different eating situations. Because when you're counting macros, you always can consult your app. [Laughs] Should I eat or not? Right? Do I have room, quote-unquote, so you're going to have to develop the ability to think through each of those situations. The second solution is you are, if you use macro counting to soothe anxiety, then you are going to have to find ways to soothe your anxiety that aren't macro counting. Right? So if I can just talk to the perfectionists for a moment, your deepest fear here is doing it wrong or failing. And you likely have a belief that successful people are perfect, but that is incorrect. Perfectionists actually fail. Successful people focus on getting better and they do a lot wrong.

ANNIE

Yeah, so the quote from Brene Brown is coming to mind, and I hope I don't butcher it but she really, I think this is in Dare to Lead, encourages people and her team specifically to focus on getting it right. Not being right.

JEN

Yeah, yeah.

ANNIE

And think of macro counters as like, "I got to do this so I'm right." Versus, "I'm learning how to get it right."

JEN

Yeah, yeah. So it includes failing, you're going to have to find ways to soothe your anxiety. And I don't know what is right for individual people, I think that is worth exploring. And we explore that constantly in our coaching program. But for me, it involved addressing the root of my perfectionism, and what belief system I had there, and unpacking that. And then working to trust myself, and to be okay with getting it wrong. And then the third solution here is, if every time you stop tracking your macros, you go off the rails, then you need to practice not going off the rails when you're not macro counting. And this is another trust element, right? So you can make nutrition choices that feel good for you without having something external, controlling it. And I think this is such a great, well speak for myself, this was such a big piece of my journey is rebuilding trust with myself and letting my body guide the way, right? So getting in touch with my hunger and satiety meant, trusting that my body knew when I needed to eat and how much.

ANNIE

I can totally relate to that. And I think, first of all, this is going to take time.

JEN

Absolutely.

ANNIE

You're not going to build or establish trust with yourself overnight, in a week or even a month. But also, that part of that trust that needs to happen is just a strong connection to your own experience and your own needs. And when you start tapping into that, I think we've seen it time and time again with our own experience, or a Balance365er member experience that spills out into work and to family and to social circles and to your community. When you know what you need, what you want, what you feel. That's really, really powerful.

JEN

Yeah, absolutely. So figure out the answer to those questions for you. Right? What happens when you stop macro counting? And why? And then you'll really see the areas that you need to start addressing.

ANNIE

Yes. Awareness.

JEN

Awareness. Yes. So step two here, what have you learned while macro counting that you can apply to daily habits? So this is one of my favorite sayings, take the cherry and spit out the seed. So the problem with a lot of people who are macro counting or calorie counting is they are number one, disconnected from the hunger and satiety, and kind of disconnected with daily habits, right? The habit is the logging. And so they're not aware at all of how much protein is in each meal, and what food source is that coming from, and does that feel good? Right? They're kind of away from the habit when they're focused on hitting their macros. So what everyone will learn when they start paying attention to the actual habits going on is going to be very different. And it's a matter of looking at, you know, what do you do repetitively that feels really good for

you. And what do you do repetitively that doesn't feel good for you, what are some of your slippery habits here? So for me, this is an example, a snapshot in my life. And this might not be the same for everybody. I feel fantastic when I have, when I start my day and my first meal, my breakfast has a significant amount of protein in it. I feel terrible with that same meal, when it has a whole bunch of fat in it as well, then, when the fat comes in, then I feel kind of sluggish. I feel very good when I am getting protein consistently throughout the day. My whole day changes when I add a protein shake in the middle of the day to make sure I'm hitting my protein right? And so it's actually backing away from the macros and say, "Well what are the habits there?" The habit is adding a serving of protein with each meal and having a supplement because I actually don't get enough protein in each of my meals. Having a protein shake, you know, midday, that's how I feel best. So it's actually looking at the habits that are there that support you.

ANNIE

Yes, what were you doing?

JEN

What was I doing? Yes.

ANNIE

Yes, that allowed you to hit those numbers.

JEN

The process behind the number. Yeah.

ANNIE

Like that's the gold, you can keep those things, if you'd like.

JEN

Keep that, and then on the other end for slippery habits, I'll use myself as an example. I have a, I have slippery habits around my fat intake. So the truth is really high-fat meals do not feel good for me, that is not an ideal way for me personally to be eating. Do they happen once in a while? Of course. So my slippery habits are cheese. [Laughs] Cream in my coffee. Those are the probably the two main ones, probably dairy. And so looking at the habit tracking, the macros, and seeing the fat intake, looking at the habit, what's the habit behind there, right? So for me even now, I find that my mindfulness of my habits is around fat intake is important for me, because it's a slippery one.

ANNIE

Yeah. So you don't have to throw out all of your behaviors.

JEN

No, you don't have to. And, that's where the freefall starts happening. That's the jumping off a cliff without a parachute starts happening. It's like, if you just stopped counting macros, and you

had no idea what the habits were, you are going to feel like you're free-falling. If you are aware of what some of those habits were, that's your parachute that's going, "Hey, protein at each meal feels really good for me."

ANNIE

Yeah, and I also just want to put a little note in there that sometimes it seems like I've seen women assign some morality, as we were talking about earlier, to macro counting and say like, "Macro counting is bad, macro counting is unhealthy. And therefore all the things that I was doing when I was macro counting are also unhealthy."

JEN

Yes.

ANNIE

And, just like maybe challenge that.

JEN

I've been on both sides. So of course, you know, the pendulum swing of quitting dieting involves a lot of that right? Kind of getting on a soapbox, every, absolutely every single thing you did while dieting was bad, and you won't do it. So I used to have egg white omelets all the time. That started actually when I was quite a bit younger when I was clean eating. And then I was also eating egg white omelets when I was macro counting and totally terrified of yolks. And my pendulum swing actually, the reason I know I don't feel good with high-fat breakfasts is because my pendulum swing from macro counting was into like high fat, all the things, and so, but where I'm now, where I'm at now that I've kind of settled in the middle is I'm back to eating egg white omelets. And it's - but they're not, I'm not using egg whites to keep my meals as low calorie as I possibly can. I'm actually using egg whites to increase protein in my breakfast without also increasing fat because I know the high-fat breakfast is doesn't make me feel very good. So yeah, so you can find a messy middle here. So once you've identified, you know some of your daily habits, step three is to think about creating a bridge from being you know, a strict macro counter to somebody who just has, you know, day-to-day habits and skills. So what does that bridge look like? Ideally, we want to create that bridge to help you build trust along the way and to help manage your anxiety. And to keep you feeling good, right? So that the nutrition habits you have are supporting how you want to feel and perform on a day-to-day basis. So instead of, so instead of going from tracking all the things to no tracking at all, number one, keep tracking while noting your hunger and satiety throughout the day. And again, like Annie said, hunger and satiety do not just you know, pop up and run perfectly overnight. This can take some time, but really note when you get hungry. And even if you've already tracked the macros in the meal, when do you feel satisfied with that meal? So sometimes, this is my experience as being, of being a macro counter. Sometimes I am satisfied. But I still have more macros to go. So I'll keep eating past satisfied. Or on the flip side, sometimes I'm not yet satisfied. But that's all the macros I got for the day. Right? And so just noting that.

ANNIE

Yeah, no judgment.

JEN

No judgment.

ANNIE

Just observation.

JEN

The other thing you can do while you continue to track is to start noting your portion sizes. So looking at how they measure up to, something we provide in our program is like a hand portion thing. So looking at, you know, a serving of protein that is around 25, 30 grams of protein that's about the size, the palm of my hand. You know things like that. Also tracking while noting your cravings and your slippery habits, so you're tracking. But when do your cravings pop up? Where do your slippery habits pop up? Right? Like, for me, it's like passing the pantry and grabbing handfuls of almonds. [Laughs] Yeah. Then while you're noticing those things and trying to incorporate them into your day-to-day routines, another step on that bridge could be that you start spending some time only tracking protein. And the reason I say that is that protein is a very, it's our most satiating macronutrient. Based on you know, our experience coaching women for the last six years, protein is also the macronutrient that women undereat. And when it has a big impact on your satiety level, then it can also be the one that has the biggest impact on your nutritional habits as a whole throughout a day in a week. So this next step on the bridge could be, you stop tracking your carbs and your fat and you just make sure your protein is in check throughout the day. Try that. And then the next step, I would say, is try taking one day off and see what happens. And then try taking two days off and see what happens. And then try taking three days off and see what happens. And then try taking a weekend off and see what happens. And for a lot of people that weekend will be a tougher one. Because it tends to be the time that a lot of us, our habits change. And we are less consistent on the weekends as we are Monday to Friday.

ANNIE

Yeah, you could, you could even walk, taking the whole day off to, if that felt like too big of a commitment, or too big of a step, create even a smaller bridge or a shorter bridge to just track a few meals. Or to let go of tracking breakfast, or breakfast and lunch, and only track dinner.

JEN

Absolutely, yes. So whatever steps you need, but do think about this as a bridge. And don't just note what happens when you, you know, maybe take a day off with, not just with your habits, what happens with your emotions, what happens with your cravings, with your urges.

ANNIE

What you're suggesting, Jen, is not to just go from tracking macros or calories to internal cues. It's like, it's not either/or, it could be both/and.

JEN

Both/and, yeah. And so, a great transition to going from tracking to not tracking is to have a habit tracker. And so when you're tracking your macros, and you're starting to notice those habits, what you can do is write them down on a habit tracker. Now in our program, we provide just a paper habit tracker, that's just a list of your habits. Might be protein at each meal, or might be broken up into protein at breakfast, protein at lunch, protein at dinner. And you just use a checkmark and check it off. Did it, did it, did it. Or you can use a habit app, and there are so many out there. You can just search for one. And there's different habit apps where you load your habits, your desired daily habits into the app, and you check it off when you do it. So that could be a fantastic part of that bridge as well, as you go from tracking macros to tracking habits.

ANNIE

Yep. I love it.

JEN

And once you get comfortable there, step four would be deleting the app. And remembering that it's, if you feel you must, right? Because it's always there if you ever need it again, if you're ever feeling any, any kind of way and you want to track for a day, or you want to track for a couple days or you want to track a meal, you know, it's it's always there. It's not going anywhere.

ANNIE

Yeah, and notice this is step four, it's not step one.

JEN

Yes.

ANNIE

It's not step two. It's not step three.

JEN

Which is what I did.

ANNIE

It's step four. [Laughs]

JEN

And you know what, look, I don't want to say...This is a suggestion to you. Some people might find that this cold turkey method, deleting the app, is the way they need to go. That's okay too. That's the way I went, and I would say it just, I just, I swung into chaos for months. But of course I didn't have a coach and I didn't have a community at all to support me with that transition. I was all on my own. This was back in the old days. [Laughs]

ANNIE

Like the Oregon Trail days.

JEN

Yes.

BOTH

[Laugh]

JEN

This was way back in 2014. Anyways, and I could have really used that support and even just the, what to expect, just listening to a podcast like this, and feeling, you know, being validated and knowing what to expect would have been amazing.

ANNIE

Because it's not uncommon for some emotions and thoughts to arise when you are going through this transition or even just considering this transition and to know that that's normal, you can anticipate it, here's how to manage it, if you still feel like this is the best choice for you, so great.

JEN

Yeah, totally.

ANNIE

And again, maybe that existed when we were doing all this, but we didn't know of it.

JEN

So because of my dieting history and my disorder, you know, very disordered eating history and my relationship with my body, I'll also add that I was in a constant state of panic around changing my body or losing weight. I had all of that going on. Going from tracking to not tracking meant indulging every urge I had to eat. And again, that's okay, that's what I went through. And here I am today, I survived it. There, you know, I wasn't aware that there could be a bridge. But I also want to validate to anyone that is really trying to improve their relationship with food and move away from macros and, you know, have a more positive experience with food, that you may be indulging urges to eat more often. And there's nothing wrong with that. It is, I would say normal and natural for anyone with a restrictive dieting history to really need to go through a period where they just they get the ice cream, and that is progress for them. What a lot of people, really the tough pill to swallow here in this lesson is that that can come with weight gain. And for restrictive dieters who have a lot of body issues, you know, weight gain is the worst thing. There's a lot of fatphobia tied up in that.

ANNIE

The fear of weight gain is often the thing that drove them to macro counting in the first place.

JEN

So unpacking your relationship with your body and why you feel that way about your body can be incredible. But I will just be honest with everyone right up front. And I hope this isn't going to deter anyone from transitioning away from macro counting. But I put on 15 pounds in a four-month period when I quit macro counting. Again, there was no bridge, there was no messy middle for me, it was: done macro counting, ice cream at every meal. That was my experience. I don't know...I don't know if it should have gone any other way. I don't know. And I'll never know because I didn't have another way. But after so many years, over a decade, of restrictive dieting, my urges to eat were off the charts, they were off the charts, I had total obsessive preoccupation with you know, ice cream, or...ice cream primarily. And I personally went through a period where I needed to not be tracking and allowing those things and letting my body do what it needed to do. Yeah.

ANNIE
Beautiful.

JEN
Beautiful. The last thing I wanted to mention, too, around that weight thing is even if you don't put on weight, you know, as I experienced, you have to remember that our bodies do go through natural weight fluctuations. And as you move away from trying to externally control your food, I think a big urge comes up in people to be weighing themselves. Now, I wasn't obsessively weighing myself in that four-month period where I put on those 15 pounds, because I probably couldn't have taken it, like, I just didn't have the relationship with my body and the scale that I needed to to be able to endure that. But I definitely had urges, I was just at least smart enough to know at that point that that would have been also a very unhealthy thing for me to do. So if you quit macro counting one day, and you find that you are two pounds up the next day, I hope you don't use that as evidence for why you should continue to macro. Yes. So our bodies all have natural weight fluctuations, they will rise and fall, my range is kind of five-ish pounds, I'm up, I'm down. If I'm in this five to seven-pound range, I would consider that essentially maintaining my weight. And so just a note there to remember your weight fluctuations.

ANNIE
It's normal.

JEN
It's normal. Yes.

ANNIE
Okay. Anything else to add?

JEN
No, that is all. Should we do a quick recap?

ANNIE

I was just gonna say that. It's almost like we've recorded 200 episodes together. Okay, so if you are thinking about stopping your tracking of macros or calories, our recommendations are step one, create some awareness. Get curious about what happens when I stop. And why. Why is that thing going to happen? Step two. What have you learned from tracking macros or calories that you can apply to your daily habits, so again, look at, what am I doing? Right? Not just the numbers, but like what are the actual behaviors that are allowing me to hit those numbers, get curious about that. Step three, create a bridge. This can help you manage anxiety, build trust, it doesn't have to be all in on tracking or all out on tracking, you can track while noticing hunger and satiety, noticing your portion size, noting cravings and slippery habits, and then begin to even maybe consider tracking just one macro like protein, taking a day off or meals off, and then building from there. And then step four, delete the app, it's always gonna be there.

JEN

[Laughs]

ANNIE

It's still there. It's just not right in front of you.

JEN

Yeah. And before we follow this up, you know, Annie and I talked about how we have both had at different times a healthy relationship with macros and unhealthy and full disclosure, today, as somebody who feels you know, very confident with a very healthy relationship with food, I do check in with my macros from time to time. So like I was saying, fat intake is a slippery habit for me. And I find it incredibly helpful from time to time to check in with my free pour of cream in my coffee in the morning, actually measuring it out and looking at the macros of it and going, "Oh, look, I am, when I, when I just dumped shredded cheese on top of an omelet, you know, I am serving myself a lot more than what I'm telling myself." And so there is a messy middle here and you may not be able to see it now. But in the future, you may be able to return to looking at the - because really, when we say tracking macros, tracking calories, what it means is looking at the nutritional composition of your meals, and have that be a positive or helpful experience, rather than a negative one.

ANNIE

Yeah, I am in a similar situation, I can absolutely track macros. It's not something I wish to do for extended periods of time, just because I'm kind of lazy.

JEN

Yeah. [Laughs]

ANNIE

[Laughs] When it comes to tracking my food. I was telling Jen before we recorded, I prefer to make decisions like once and then not again, right? So I will check in, like Jen, with my macros. I will get like a pulse on what's happening. And then I will think, "Okay, what do I need to do to make the changes that I want to make? Okay, I need to portion out my shredded cheese."

JEN
Yeah.

ANNIE
Or whatever it is.

JEN
Yeah.

ANNIE
And then do that thing. And then stop tracking. And then just revisit as I suspect is needed.

JEN
Absolutely. I also, I want to say that we all live in, you know, similar society here. And we all have this, you know, this modern culture that we live in. And we all have, we all seem to have roughly the same amount of slippery habits. So here's what I'll say. Most people find, most women that we work with find that their, their protein intake is a lot lower than they thought, their fruit and vegetable intake is a lot lower than they thought, their fat intake is a lot higher than they thought, and their carb intake is a lot higher than they thought. And so even just knowing that information, you could not track at all and just put an intentional effort into increasing your protein and increasing your fruits and vegetables. And being more mindful of your fat and carb intake, you know, especially, you know, more like highly processed carbs or refined carbs.

ANNIE
Yeah.

JEN
Yeah.

ANNIE
But sometimes seeing the numbers can be really like, "Oh, yeah." It's like a budget like, "Oh, that's how much I spent on DoorDash last month? Hmm. Time to rein it in."

JEN
Time to rein it in. Yeah, absolutely.

ANNIE
Yeah. Okay, this was great, Jen. Thank you.

JEN
Thank you, Annie.

ANNIE

Alrighty. Bye-bye.

ANNIE (OUTRO)

Hey, everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside Balance365 coaching. Head on over to balance365.co to join coaching.