

Macronutrient Ratio Chart: Find Your Ideal Macro Split

Getting your macronutrients—carbohydrates, protein, and fat—in the right balance is a big deal for your health goals. Whether you're aiming for weight loss, muscle gain, or just better overall wellness, tweaking your macro split can make a real difference. This chart lays out common macronutrient ratios for various dietary approaches, showing you how different splits prioritize certain macros to achieve specific outcomes. You can download this chart or print it out to keep as a handy guide.

DIETARY APPROACH ↑↓	CARBOHYDRATES (%) ↑↓	PROTEIN (%) ↑↓	FAT (%) ↑↓	PURPOSE/DESCRIPTION ↑↓
Standard/Balanced	50	20	30	A general healthy eating guideline, good for overall wellness and maintaining energy levels. It's a solid starting point for many.
Low-Carb	25	30	45	Often used for weight management or blood sugar control. Cutting carbs to 25% of calories can help some people feel fuller and manage cravings.
Ketogenic	5	25	70	Very low carb, forcing the body into a state of ketosis to burn fat for fuel. The 70% fat content is key here.
High-Protein (Muscle Gain/Satiety)	35	35	30	Supports muscle repair and growth, and the higher protein can boost satiety. This split is popular with athletes and those looking to build lean mass.
Zone Diet	40	30	30	A balanced approach aiming to control insulin levels and reduce inflammation. The 40/30/30 split is its defining characteristic.
Mediterranean Diet (General Guidelines)	50	18	32	Focuses on whole grains, fruits, vegetables, healthy fats (like olive oil), and lean proteins. This macro breakdown supports heart health.
Endurance Athlete	60	18	22	Higher carbohydrate intake provides sustained energy for long-duration activities. That 60% carb allocation directly fuels performance.
Weight Loss (Moderate)	35	30	35	A balanced approach for weight loss, where moderate protein helps with satiety and muscle retention, while fat provides satisfaction.

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