

MARTIN MACDONALD

Facebook Live Q&A Transcript

31 Days of January 2018



Instructions | Using the Transcript Effectively

What is included in this eBook?

This eBook contains all of the questions I answered during 31 days of LIVE Nutrition Q&As from January 2018. Each Q&A section is then linked directly to the video on Facebook so that you can go and listen to the exact answer provided for that question. Simply click on the links that look like this to be taken to the video:

[→ CLICK HERE TO HEAR THE ANSWERS TO THESE QUESTIONS](#)

Each question is also **time-pointed** so you can not only go back to the specific Q&A on Facebook, you can easily find the exact time-point in the video that question was answered.

Searching the Transcript

If you have a **particular question** or are interested in a specific area of nutrition, use the search function on your computer to search for every question asked during the 31 days of Q&As in January 2018 relating to that question/topic. The easiest way to do this is to use the **Find** function:

- For Macs – Simply type 'Command' and 'F'
- For Windows – Simply type 'Ctrl' and 'F'



A search function will appear (example pictured). Type your keyword or phrase within the search bar to search the entire transcript resource. Results for that keyword or phrase will be highlighted.

Key Words or Phrases

If you're not sure what to search for, feel free to use some of these key words and phrases to get you started!

Calorie Deficit or Deficit	Muscle Gain	Low Carb
Fibre	Body Type	Cholesterol
Intermittent Fasting	Caffeine	Insulin

Day 1 of 31 days of Facebook LIVE Nutrition Q&As!

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05:55 | Which approach is advised for fat loss: a) Going super low on Calories (if your TDEE is around 1500 kcals) OR b) Increasing expenditure to 2000-2500 kcals?

08:21 | While I agree Calories are the main factor in fat loss, do hormones play a role where you store fat? Why do people store fat on certain parts of their body?

11:29 | For novices, would you recommend tracking protein and Calories, with fat and carbs not mattering, or just Calories?

13:29 | Can you explain your views on body typing? There are a lot of "experts" that suggest certain macro prescriptions for body types, do you agree?

17:05 | Can G-flux be a key to body recomposition?

17:40 | When protein and Calories are matched, would we see a difference in health parameters (TC, HDL, LDL, CRP) between high carb/low fat and low carb/high fat approaches?

21:00 | How important is meal timing? Is there a recommended amount of meals a day for overall health and fat loss?

23:42 | What would you suggest are the best ratios for saturated and unsaturated fat?

23:15 | Is there a benefit of a higher leucine content in a meal (3+g of leucine) for bigger athletes?

27:13 | How much protein in grams should you eat per pound of body weight for gaining muscle and for fat loss?

29:50 | What do you think of Polyphenol blend supplements?

32:30 | Can I be in a deficit, lift heavy and lose fat?

33:30 | What are your thoughts on intermittent fasting affecting woman's hormones?

36:55 | If you train fasted would it be a good time to use BCAAs?

40:00 | What are your views on Ramadan and fasting showing a disruption of the menstrual cycle?

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Day 2 of 31 days of Facebook LIVE Nutrition Q&As!

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02:54 | Psyllium Fibre Husk and Whey Protein. If taken together, will the fibre interfere with your ability to digest and use the protein?

04:24 | I'm still a little confused on the GI scale for carbohydrates. Is it more beneficial to stick to high GI carbs pre- and post-exercise or is looking at carbs in isolation just short-sighted?

09:40 | Does a sudden increase in protein have any effect on the liver?

10:07 | Have you come across re-structured water?

10:47 | What are the benefits of having a protein shake pre-workout? Do amino acids available in the bloodstream benefit strength or help recovery and reduce muscle fatigue?

12:02 | How much of a Calorie deficit should you go below TDEE without compromising muscle?

17:20 | If I train late (9-10pm), would a whey protein shake and a banana be sufficient post-workout until breakfast, taking into consideration my higher than average metabolic rate?

18:43 | Are there any negatives of consuming a large percentage of your daily carbohydrate from wheat flour?

19:50 | Is blood testing to measure the effect of certain carbs on insulin spikes/responses (as recommended by Robb Wolf) necessary or quackery?

21:25 | For optimal fat burning during cardio, is it best to do low or high intensity?

24:16 | We want to learn more about nutrition but don't know where to go! Can you please share some suggestions of resources where we can go to find out more of your nutrition-related content and personal views?

28:33 | In order to do a nutrition or strength and conditioning course, what science subject would you need most and need most knowledge of?

29:20 | Do you know of any good books to understand more about sports nutrition?

30:09 | A question relating to lecturing/teaching. Other than knowing the literature inside out and practising and becoming confident in public speaking, what would be your top tips for translating complex nutrition science and creating engaging content for both students and athletes?

33:02 | Are there any negatives of having coffee post-workout?

33:49 | Can whey or caffeine aggravate acne conditions in some cases?

34:44 | What is the best way to explain good nutrition for fat loss to someone that has zero knowledge on the subject?

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Day 3 of 31 days of Facebook LIVE Nutrition Q&As!

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03:55 | What are the right macronutrient percentages for losing body fat but gaining muscle?

05:55 | If you are in a gaining phase and over indulge at Christmas so that you literally don't feel hungry for days. If you are then in a deficit on those days, are you still fuelling hypertrophy in the same way as you would be if you were eating at your usual Calorie surplus numbers? In other words, will you be in a "fed" state for most of the subsequent week even while eating less food?

07:50 | How would you recommend tapering training for a marathon?

09:20 | Can you explain the differences in metabolic pathways between fat, carbohydrates and protein that eventually lead to differences in thermogenic rate?

11:27 | What are your thoughts on body brushing and lymphatic drainage for water retention?

12:45 | Would weight loss or the removal of saturated fats have more of an impact on lowering cholesterol?

15:52 | How long would it take if you are in a Calorie deficit for your metabolism to adjust to reach homeostasis and slow down? Conversely, does increasing activity level increase your metabolism?

20:22 | Can you lower or raise body fat set points?

25:30 | Why are ketogenic diets so bad?

29:05 | What's your take on joint care supplements?

31: 40 | What's more important for weight loss Calories in/out, hormones or food quality?

34:30 | What do you think is the most misunderstood nutrition fact and what would be your top 5 pieces of advice for people looking to reduce body fat?

37:12 | What's the best way to calculate your basal metabolic rate?

38:12 | Can eating chicken everyday create an intolerance? Is there anything such as a toxic protein?

40:58 | What do you think about protein shakes?

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Day 4 of 31 days of Facebook LIVE Nutrition Q&As!

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06:06 | Can you explain what inflammation in the body is?

07:10 | What are your thoughts on increasing Calories (carbohydrates) on training days when the goal is to build muscle. Then reducing Calories (carbohydrates) on non-training days, is this beneficial?

09:49 | Are there any nutritional 'hacks' to detoxify the liver?

11:26 | What causes bloating rather than weight gain (water retention rather than excess gas)?

15:35 | Are frozen fruit and vegetables as good as fresh produce or are nutrients lost in the process?

17:32 | Is it possible to gain muscle whilst in a deficit? Is this also applicable to well-trained individuals?

19:48 | As an experienced natural trainer, how many kg's of muscle are you likely to gain in 1 year?

21:16 | What is the optimal dosage for Vitamin and Omega 3 per day/week?

26:30 | Should I be concerned if a female athlete loses their period whilst in a Calorie deficit?

29:29 | What are your thoughts on clustering carbohydrate and protein around training and fats and protein intake at the other periods of the day? Are there any benefits of a more equal distribution of carbohydrates, protein and fats throughout the day?

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Day 5 of 31 days of Facebook LIVE Nutrition Q&As!

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06:20 | What are the health or immune benefits of drinking apple cider vinegar?

11:00 | At what point did you feel ready to coach people on nutrition within a client/coach situation? Where did you start?

14:02 | Can you explain why people crash and feel extreme sleepiness after a large meal?

16:34 | How much sleep would you say is essential?

18:40 | How important is it to hit my daily fibre target?

21:05 | Where do I start a client's baseline Calories, particularly for fat loss? Even after asking those said clients to keep a food diary, which is commonly full of lies, there is always going to be a large amount of tweaking. What method do you favour to decide starting Calories? Do you use an algorithm or like myself use a diary of existing diet and activity levels?

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Day 6 of 31 days of Facebook LIVE Nutrition Q&As!

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04:11 | Any considerations for additional protein on the 'eat as little as possible' diet?

05:37 | You want to research a subject. Where would you first go to search?

07:19 | Dietary strategies for someone diagnosed with PCOS lately?

10:59 | With what you said a couple of days ago about only being able to gain between 0.5 and 1kg of muscle naturally after about three years of lifting, what could somebody expect to gain in their first three years?

15:04 | I would like to ask about nutrition for injured players. For instance, if an English Premier league player is out for 6 weeks due to a hamstring injury, how would you change his diet?

18:57 | Does insulin block fat burning?

26:10 | What's the deal when 'gurus' go on about inflammation in the body and inflammatory or anti-inflammatory foods? What's quackery and what's evidence based?

29:15 | Does cooking food in a microwave change the nutrients etc. Are they bad to use?

30:52 | I'm not vegan (thank god) but I know those that are. How do you suggest a high protein diet without going hypercaloric? I almost feel like they just can't be helped as most of their 'high protein foods' are actually higher in carbs or fat.

32:26 | I could imagine there's many variables on why some people are naturally skinnier than others like NEAT etc. However, in my experience there seems to be a large variety of different appetite levels in people. Why is this?

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Day 7 of 31 days of Facebook LIVE Nutrition Q&As!

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05:40 | Regarding refeeds, with a strategic approach how often would you implement them? Is it based on how flat you look/feel or how long it's been with reduced carbohydrates? Talking about a purely aesthetic approach not necessarily performance. Furthermore, would you suggest just going back up to maintenance Calories or a small surplus?

12:18 | With the Calorie calculation of $24 \times$ bodyweight, plus activity, would you use that same calculation for someone who has a high Body Fat Percentage (say >30%)? It seems high when I use myself as a comparison, as that would mean I'm in an 800 – 1000kcal deficit.

13:39 | Is there any benefit (other than being able to eat more) for fat loss by having an extra 1000 Calories a week and doing 1000 Calories worth of cardio whilst already doing resistance training and being active?

16:46 | Can you discuss the benefits of intermittent fasting vs. evenly spacing protein intake throughout the day?

20:25 | When looking to lose body fat, what is the minimum number of Calories and grams of protein to maintain muscle?

23:47 | My sister is 9 weeks pregnant and is currently on 275mg thyroxine. The past week she is suffering with insomnia and mind buzzing/can't switch off. Generally, it doesn't stop, and I'm concerned, do you have any ideas?

24:42 | What are your thoughts on people selling exogenous ketones?

29:10 | I have a handful of gym buddies who use steroids and PEDs. I'm curious about how they should be adjusting their nutrition on Calorie balance, macronutrient and micronutrient levels for optimal results and/or to minimise the problems associated with use.

31:52 | I'm very interested in inflammation as I'm post thyroidectomy due to Grave's Disease and inflammation is talked about a lot in the thyroid community.

33:40 | I've heard a number of people (mostly diabetic educators) asking the general public to avoid snacking on fruit, or if they do to limit fruit intake to two fruits a day and stick to berries primarily. Could I have your take on this?

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Day 8 of 31 days of Facebook LIVE Nutrition Q&As!

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05:05 | Trying to cut back on meat, as I just feel better and don't eat fish. Are eggs and dairy enough complete proteins?

06:18 | How did you get interested and involved in nutrition?

08:37 | Any benefits to taking garlic or garlic supplements?

09:02 | Thoughts on Joe Wicks saying Calorie counting is outdated in the Sun newspaper?

10:08 | Could you sum up the pros and cons of Slimming World for me please?

13:32 | What do you think will be the next big scientific advancement that will change the nutrition industry?

14:40 | Does caffeine have an impact on fat loss or is it just good for an energy boost? Lots of "fat burners" are full of caffeine.

16:16 | Would love to hear your opinion on the latest evidence on living with/treating IBS. My girlfriend has abdominal pain accompanied by nausea, triggered by stress. Nothing particularly with bowel movements or food triggers. Have you got any thoughts or advice, or any supplement suggestions?

19:06 | How long does it take to convert extra Calories into body fat? For example, if you were eating at maintenance and then ate an extra 3500 Calories one weekend, how long until you gain 1lb of fat?

23:16 | What is the acceptable body fat % range for people who just want to be healthy? Such as an average, normal, everyday person.

27:07 | Why are men often deficient in zinc?

28:45 | Is there any truth in the sugar spike and insulin roller coaster? Does excessive sugar cause crashes in blood sugar levels and does this play a part in the typical 3pm slump?

31:51 | Is the HCG diet as horrifying as it sounds? Are there any health benefits to it at all? I have a friend who is going to Harley Street to get started next week. She will have to inject HCG daily and be on a 500kcal diet for 30 days.

35:44 | Are you doing any seminars in Ireland soon?

37:12 | Is de-novo lipogenesis possible from protein Calories?

37:47 | If fat storage is so efficient, does the same hold true for fat loss?

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Day 9 of 31 days of Facebook LIVE Nutrition Q&As!

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03:44 | What's your opinion on the flu jab?

04:09 | What supplements do you use and what would you recommend?

07:30 | What's your favourite all time book on nutrition?

08:52 | How much fat should you allow yourself to gain during a growth phase before it becomes counterproductive? Do you believe in mini-cuts during a growth phase?

15:27 | What about probiotics? A follow-up to the previous supplements question.

16:56 | Are you aware of Morley Robbins' take on Vitamin D supplementation, in that, we shouldn't supplement it and should increase Vitamin D through increasing magnesium?

17:50 | What's the deal with turmeric, is it important to be having a spoonful every day?

18:37 | Should you have a pre-workout supplement or just a strong coffee?

20:23 | Are refeed days necessary? If so, how should the macronutrients be structured?

23:15 | For a PCOS client, what supplements does she need to take and how should she be eating for a weight loss goal? She suffers from depression.

29:10 | How do you keep updated with the current research and which journal would you normally go to?

31:00 | Why would people measure blood glucose if they are not diabetic? Is it to do with carbohydrate sensitivity?

32:00 | What advice do you have when consuming alcohol for fat loss?

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Day 10 of 31 days of Facebook LIVE Nutrition Q&As!

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03:35 | Silly question but rice pudding before a heavy weights session? I do it and seems to work.

04:20 | What's your opinion on low carbohydrate diets for performance athletes?
[Also go to 11:58]

06:25 | For someone who has used a refeed to push through a weight loss plateau, is there an eating strategy for the following few days? Should you return to your regular deficit or create a larger one for a period of time? Are there any worries about equalling out the energy balance?

07:48 | I recently listened to a podcast of yours from 3 years ago. Your public persona and the way you come across in interviews seems to have changed. Is this something you've consciously worked on or has it come with practice? And is it something you feel you have had to do as the face of MNU? I want to do more public speaking and appreciate any advice.

08:37 | What is the optimal fat intake whilst gaining? With the positives and negatives for either end of that range.

09:18 | I was eating breakfast in the mornings at around 7am of porridge with syrup and I was starving by 10am. My Personal Trainer advised me to have bacon, egg, mushroom and you will stay fuller for longer and it worked. What is happening with this Martin?

11:58 | What's your opinion on low carbohydrate diets for performance athletes?
[Continued]

16:11 | Is there any way to test metabolic rate?

17:25 | I'm just catching up on the Tim Noakes debate. One thing I didn't hear either of you mention was about types of source of carbohydrate, instead of just total amount. Could you speak a little bit on different sources of carbohydrate (processed vs whole food sources), and their effect on hunger/satiety, insulin and overall

health? “Over 35% of protein and you will die!” Seems a ridiculous claim from Tim, could you confirm that it is indeed unfounded and ridiculous?

23:10 | What are your thoughts on Keto and Vegan diets?

28:08 | With Vitamin D being fat soluble, how accurate are blood levels and would this differ between lean and overweight/obese individuals?

32:29 | I’m a lover of Hemp Seeds as one source of fat, now knowing that there are traces of cannabis, is there a limit on this food?

35:48 | I’m ‘leanish gaining’. My macronutrients are 220g Protein, 720g Carbohydrate, 95g Fat. I’m not worried of gaining body fat as I am relatively lean and don’t want to ‘leave gains on the table’. In this example, what are the positives and negatives of moving fat around. My fat intake is under 20% of total Calories and I’m probably between 10-15% body fat.

39:45 | Many people track alcohol as Carbohydrates in MFP, Lifesum, etc., as these apps don’t have a specific way to track alcohol as a macronutrient. Is there a reason for that?

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Day 11 of 31 days of Facebook LIVE Nutrition Q&As!

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05:36 | Can you please explain why you don't consider in-vitro and animal studies as credible sources of literature? Are we that different to animals? I thought we shared a large amount of our DNA with primates for example.

08:15 | You've mentioned supplementing with inositol if you're a woman with PCOS. My friend & client has PCOS and is wondering how much to supplement with as it states on the packaging 200-4000mg. That's quite a range. I'm taking a guess at starting at the lower end and seeing how it helps and add more if necessary?

09:56 | Why do you think nutrition isn't taught enough at schools and do you think this will change? I believe a class dedicated to the importance of nutrition for health, composition & disease prevention would benefit the NHS massively!

11:27 | What are your thoughts on a protein sparing modified crash diet for a 6-foot woman who weighs 366 lbs. We want to get her down to 300 lbs. I was thinking 250g protein/day, veggies and omega 3s with a refeed every 3-4 weeks for 2-3 days.

12:42 | Regarding how to go about trying 'carbohydrate re-feeding days' after a few months of a Calorie deficit. My thoughts were:

- Keep protein where it is at 2g/kg
- Keep fats low (ideally < 40g/ day)
- All the rest in carbs (from any source from rice to Haribo!)

My questions were:

1. Firstly, is this correct?
2. Would an overall Calorie target for the day of 30% over current deficit Calories be appropriate?
3. Are there likely benefits in terms of correcting suppressed thyroid / testosterone levels, or mainly just reducing subsequent hunger through impact on leptin?

16:20 | If you had an injured client (so they are unable to do much movement), but they have a lot of fat they need to lose (like 80lbs), what would be a good approach to begin with?

17:56 | Here is a big multi-layer question. What would the lowest dietary fat macro split be for a female weighing 70kgs at 20% body fat? How low is too low for fat consumption? When would you start to see negatives regarding your body's fight back against lowering body fat percentage. Would there be any benefit (decrease in ability for lipid cells to uptake dietary fat) if fats were eaten in isolation from carbohydrates? Do you count supplements of Omega 3 and CLA as dietary fat? Would they have to be calculated into your daily Calories/macro split?

20:51 | My friend is struggling to lose weight. She is eating (judging by photos not analysed it yet) about 1000-1200kcal per day. Is that too little or too much? She is active most days (on feet, looking after 4-year-old or working as a vet nurse). Exercising for definite one day a week plus dog training, which does involve light to moderate exercise. Thoughts? She had some bloods run lately which showed slightly out of whack T₃ and T₄ but nothing too crazy.

29:32 | Saw a chef on This Morning today who had lost 12 stone (who also brought out a cook book I'm sure) and when asked how he lost the weight, he said that rather than go low Calorie (apparently low-Calorie foods taste horrible) he decided to go low carb. So essentially, he cut Calories and therefore lost weight?

32:31 | What weight should I be to gain muscle and for fat loss? I am currently in a 40% deficit with protein being 2.5g/kg body weight. I play football on a Wednesday and Saturday. What would your suggestions be for Calories before for performance? Should I increase it to maintenance for those days? For training I have stayed around 40% and for games on the Saturday I have gone to around 20% - maintenance on the Friday before my game. Should you even be in deficit mid-way through the season? Its only amateur football but I take it fairly seriously. To give you some tangible info to work with, I expended 4,400kcal yesterday at training. I am currently eating around 3,200kcal on a non-football day.

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Day 12 of 31 days of Facebook LIVE Nutrition Q&As!

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03:57 | A client of mine has just been told she has Hashimoto's thyroiditis. She was told to eliminate gluten and lactose. Would you think this is the correct advice? She is also a vegetarian so struggles to hit her protein target. Would you suggest any form of supplementation to help?

06:15 | My dad just got diagnosed with osteoporosis and has been advised to eat more calcium. Does diet really make a difference and does quality of food matter if there is no weight gain?

08:49 | What would you suggest for a novice in nutrition? My PT told me to start by nailing my Calories before getting my brain mashed up with other stuff!

11:29 | Can you tell me the best way to plan a semi-pro footballer's nutrition i.e. if game day is Sunday at 2pm, do we start paying more attention to carbs on the Saturday around lunchtime?

14:25 | Heard recently, the thermic effect of fibre is the same as protein (around 30%). Is it really that high/the same as protein?

16:01 | After a Calorie deficit, are there any issues with immediately going back to maintenance? Can you talk about your thoughts on reverse dieting?

20:00 | Are there negative effects of excessive Vitamin D supplementation?

22:22 | Thoughts on this new fad of nutrient intake via IV?

23:03 | There is a board written in my gym written by the 'Health MOT guy' that states 95% of all disease are caused by the body being acidic. What's the best line that I can use to get through to him?

28:49 | I'm interested in the probability of muscle being metabolised over fat for energy expenditure (if someone is dieting aggressively, paying no attention to protein and doing no resistance training). Also, for people who are losing 7lb per week, we know their deficit isn't 24000kcal/week so can we assume significant muscle loss or is it more likely an absence of fluid?

32:41 | What are your thoughts on weight loss companies like Slimming World/WeightWatchers? Do you think they are good for the less educated members of society in nutrition or do you think they are detrimental to people's fat loss goals in the long-term?

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Day 13 of 31 days of Facebook LIVE Nutrition Q&As!

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05:17 | Is it ok to take citrulline malate twice a day if you train twice a day?

06:00 | One of the fighters from my gym has come to me with 5 weeks to go before his fights and needs to get from 82 to 74kg. I'm thinking 2g/kg carbs, 0.6g/kg fat and 2g/kg actual bodyweight protein. They will probably have to do some light dehydration but its same day weigh-in so won't be going crazy with the dehydration. He will have about 6-8 hours post weigh-in until the fight. Also, a multivitamin and omega 3 for supplements.

10:06 | What is your advice on the following: Female, 26 years old, normally does fitness training 4 times a week, gained some muscle and has an ok bodyfat %. Now trains for marathons and doesn't want to lose that muscle but wants to get leaner and lose bodyfat. The training is now 3-4 times a week running, with 2 runs around 20km and more. How do you eat so that you lose fat and maintain gained muscle, but have enough energy to improve? [answer from 13:40]

15:01 | Regarding glycogen levels, do they impact rates of fat loss and amount of muscle growth in any capacity?

17:10 | If one is to diet using periods of extended glycogen depletion such as fasting or low carb vs extended periods of moderate glycogen levels (overall weekly Calorie total and activity being the same in both scenarios), will the end result be the same e.g. bodyfat level and muscle mass?

18:53 | Recommended reading for sports nutrition and for people to adhere to nutrition programming?

20:35 | Do you know about food allergies? I suddenly seem to be hypersensitive to loads of stuff; eliminated caffeine, alcohol and every other thing I can think of. Any advice on why this might happen? Resulting in eczema all over my hands and swollen puffy eyes.

21:41 | Is a refeed or diet break used as an adherence tool or is there a scientific reason why you use them during dieting?

24:12 | Are there any fat loss macros?

25:23 | Is it ok to take probiotics and stomach enzyme supplements when taking lansoprazole proton pump inhibitor?

27:33 | Are you ever going to put the Mac Nutrition weight making study day back on?

30:09 | Could you give a concise version of how you help your clients find their motivation to adhere to a healthy eating journey. Some people know what healthy eating is for example, but just can't get motivated (CBT, MI, willingness to change, adherence, flexible dieting).

37:26 | I have heard you say that fat isn't more satiating than carbohydrates. But is it then false that dietary fat slows gastric emptying? This is taught on some nutrition courses; however, wouldn't this have a positive effect on satiety (gastric emptying, fat vs carbs)?

39:10 | I am frequently asked about alcohol and its effects on weight loss. Can it just be factored in as Calories into your TDEE or is there a significant change in metabolism?

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Day 14 of 31 days of Facebook LIVE Nutrition Q&As!

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05:40 | Is it possible for someone who has lived in a Calorie deficit long-term to gain fat? Would adaptive thermogenesis do that to them? And how would you build metabolic capacity?

09:01 | Is it beneficial to eat frequent small meals or does it not matter in building muscle and/or fat loss?

11:05 | When transitioning into a lean gain/bulk phase, to keep fat gain to a minimum and maximise muscle growth, would beginning the Calorie surplus with strictly increasing Protein intake be sufficient? In addition to this, when metabolism adapts to higher Calorie intake, could I then distribute macronutrients differently (e.g. swap protein to carbs), to make it a more balanced approach? Would this work better for a lean gaining phase to gain less body fat compared to keeping protein around 2.2kg/lb of body weight and just adding Calories from carbs and/or fats gradually?

13:18 | I am competing in a powerlifting meet next Sunday and am slightly over the weight class (about 70.5kg for an under 70kg class). What strategy should I take to make weight but not sacrifice performance? Calorie deficit all week? Slight dehydration? Last minute fast? Something else?

14:32 | When calculating predicted 'maintenance' Calories with TDEE, if I have a sedentary job, but do 45 minutes of resistance training sessions 5 days per week, would it be classed as 'sedentary', 'light exercise' or 'moderate exercise'? There is over 500kcal per day difference between estimations for sedentary compared with moderate exercise, which has confused me.

17:55 | I want to go on a very low Calorie, get lean quick diet, but I need to keep protein at 2g/kg bodyweight to keep muscle. It seems like I am not going to be able to go as low as possible.

19:42 | I have a client that has an underactive thyroid and has been given levothyroxine. Is there anything she should be aware of? Or anything she can do through her nutrition to help her manage better?

20:45 | What is your opinion on nutrition software? Is it a waste of time considering people lie in their diaries anyway?

23:30 | Any benefits from fasted cardio?

28:45 | A question relating to hunger hormones and energy pathways. I could probably do an all-day fast relatively easy without feeling hungry, however I thought in this case that Leptin would begin to drop, and Ghrelin would rise, causing me to want to eat. Is this just a bi-product of being in a glucagon mediated pathway or am I simply underestimating the time frame these hormones would come into play? Would I even be switching to this energy pathway so soon?

32:10 | What are the protein requirements for fat loss, muscle gain and maintenance?

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Day 15 of 31 days of Facebook LIVE Nutrition Q&As!

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03:36 | What are your thoughts on bodyweight regulation and body fat set points?

07:52 | Are gluten, dairy and sugar universally inflammatory, or only if you have an intolerance?

09:49 | Can you please talk more about the relationship between cortisol and fat loss? For the longest time, the notion that chronic stress can hinder fat loss has been the case, but I'd love to be able to explain to clients why that isn't so much the case!

14:02 | If an individual is in a kcal deficit, is it the case whereby their glycogen stores will never be completely full – no matter the carbohydrate intake i.e. could they eat an 100% CHO diet and still not have saturated glycogen stores due to being in a Calorie deficit?

16:06 | When you used to work with clients, was there any advice or tips in particular that were universally helpful?

17:07 | In a quite high carb meal/diet e.g. a meal with roughly 100g mainly rice/oats/bulgur, is it detrimental to have fruit at the same time considering the different metabolic pathway?

22:06 | I am getting so confused with people saying so many different things of what is healthy and what is not. 'Count your kcals' vs 'no, kcals don't matter', 'add carbs to your diet' vs 'no, carbs are bad'! I just want to put my hands over my ears and scream! Do you have any advice?

23:48 | Please can you clear something up for me; you have two individuals on two isoenergetic diets except one is consuming low carbs and one is consuming high-moderate carbs. Will weight loss outcomes be the same or as insulin inhibits hormone-sensitive lipase (HSL), would fat oxidation be slightly reduced in the high carb individual leading to a slight difference in weight loss?

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Day 16 of 31 days of Facebook LIVE Nutrition Q&As!

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03:40 | How much fruit is too much in a daily intake?

06:44 | I am 63kg and 5'6", lifting heavy. I'm on 1300kcal. What should I be on? Everyone says it's a deficit.

12:21 | What do you think of the 'health at every size' movement? Is it possible? A boost for mental health and self-care, or an excuse to settle?

15:48 | I'm basically in shape (75kg, 5.11, 37years) and average. I'm aiming at around 2kg of weight gain over a couple of months and my diet is broadly speaking dialled in. However, I love a drink and there's no way I'm quitting the booze in search of gainz. I'd like to know the following, 1) How much does one night per week of moderate drinking (let's say 5pints or 1 bottle of wine for a relatively seasoned drinker) effect the body's ability to put muscle on? 2) What are the mechanisms that underpin this process? I assume it's something to do with lowering recovery and training output, but I don't want to assume. 3) Is there anyway of moderating the effects of alcohol (other than drinking less) on one's ability to put muscle on?

18:40 | Just wanted to get your input on salt/sodium and its correlation with high Blood Pressure. Also, what other dietary changes you would make for someone with high BP?

20:36 | For elderly woman (sedentary/not working out), what should be the daily protein requirements to reduce muscle loss?

28:29 | I'm sure you've been asked a million times, but what are your views on intermittent fasting? I've heard varying pros and cons. Interested in your opinion, thank you in advance.

29:45 | If Calories are in check, protein high and all the other factors to create a deficit in place, would sugar as part of the carbohydrate % have an effect of body fat loss compared to other whole food sources of carbohydrates.

31:04 | I have a client who is veggie and doesn't do well with dairy. Is brown rice protein or pea protein supplementation her best bet? Any other suggestions appreciated.

33:07 | Is there any research to suggest that Calorie matched diets of IIFYM based foods vs nutrient dense foods have different effects on body composition aesthetically?

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Day 17 of 31 days of Facebook LIVE Nutrition Q&As!

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04:08 | For an individual who was obese their entire adult life and over time lost excess body fat, breaking the "set point" while creating multiple settling points along the way. Once an ideal body fat is reached, will their fat cells which are left, fight their way back to be full again if food choices become occasionally sub-optimal. Will it be harder for this individual to stay lean compared to someone who had never been obese?

10:35 | What are your thoughts on the fear of setting Calories below 1000 being dangerous/unhealthy? I have even noticed it within myself, where I am hesitant to go below the magic number for clients. Also, when in the context of requiring sub 1000 Calories to diet, is there a greater emphasis placed on cardio and increasing NEAT? As there are not many Calories left to cut.

24:40 | Cholesterol. Am I right in thinking that LDL/HDL ratio is more important than the amount of total cholesterol? If so, eating saturated fats increases blood cholesterol, is the rise likely to be both LDL & HDL and therefore, not bad for us?

33:30 | Is there a type of resistance/weight training you would recommend, as I am afraid of the negative effects on joints/tendons in elderly people?

35:20 | Why is muscle glycogen replenishment the priority when ingesting carbohydrates? Giving the notion that fat storage for survival is ideal and initial weight loss is water/glycogen from muscle, why is it replenished first as a priority?

37:47 | I've heard in a video "all the chemicals in the food, specifically in USA and how that impacts people are the cause for the large amount of diseases, problems and issues they are facing". Are the chemicals used in food indeed the cause of these health problems and what is your take?

38:30 | The whoosh effect, is it myth or fact? Can your fat cells hold onto water?

39:40 | If I eat 500kcal for 5 days (which I have done many times), then have 2000kcal on a weekend day, how come I tend to gain 3-4 kg?

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Day 18 of 31 days of Facebook LIVE Nutrition Q&As!

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09:09 | I keep hearing so much about insulin resistance/prediabetes, are carbohydrates something we should worry about? There is so much confusion out there and I keep getting told to do low carb/high fat.

10:47 | Any guidelines for Calorie and macro/micronutrient intake for pregnant women?

13:10 | Can you explain the requirements for different stages of the menstrual cycle?

15:16 | Is there any difference in bioavailability of protein from chicken, whey concentrate or whey isolate?

16:22 | What is the best and most accessible way to calculate TDEE?

18:51 | What is the best way for me to work out my food intake for a 16:8 intermittent fasting protocol?

21:05 | Could you explain what an MNU student will achieve and learn if they go through and graduate from the MNU nutrition course?

24:22 | I have lost 10kg in 5 weeks due to anxiety, so I have had less of an appetite. I have also been running to try and combat the anxiety, but is 10kg too much? And would it be muscle or fat?

25:50 | What is your opinion on losing fat and gaining muscle at the same time?

27:27 | Are there any benefits of doing juice cleansing?

30:44 | Last year I dieted for 12 weeks and had a photoshoot at the end, I started on 1800kcal per day, fast forward a year and I am doing it again and starting on 2200. How can I coach someone and explain how they can improve their metabolism/increase daily Calorie requirements? Is it simply through training consistently and increasing muscle mass or increasing Calories over time to allow metabolism to adapt?

33:20 | What would you recommend as a protein supplement for someone who is lactose intolerant?

34:02 | What is your take on Highly Branched Cyclic Dextrins (HBCDs) being promoted as intra-workout carbohydrates lately?

36:44 | Regarding the lactose intolerant protein shake answer, would they not be better off using pea protein or vegan protein?

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Day 19 of 31 days of Facebook LIVE Nutrition Q&As!

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11:18 | Are rat studies on aspartame comparable to humans? Can you explain why or why they are not comparable to humans?

13:15 | Have you heard of Sports Frequency discs?

13:32 | What are your thoughts on restoring metabolism after being in a Calorie deficit for a long period of time or what is the best way to prevent metabolic slow down/adaptation when in a Calorie deficit?

18:04 | When aggressively dieting for 1 month, consuming around 1200kcal (possibly less) should you keep protein the same 1.8-2g per kg? Is there a minimum amount of carbs, fats and fibre that you should eat? Should you take any supplements such as a multivitamin? Once the month is over, should you add Calories back in slowly to the normal deficit, go straight to my normal deficit Calories, or go into maintenance or a surplus for a short period of time?

21:30 | Are you aware of any studies that look at the effect of Vitamin D supplementation on magnesium/calcium and copper/iron balance?

22:50 | Can you speed up your metabolism? If so, how can you do it?

27:07 | How strong is the evidence supporting the relationship between gut microbiota and anxiety?

30:00 | How does nutrition and fat loss affect the menopause, so that the apple shape doesn't happen?

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Day 20 of 31 days of Facebook LIVE Nutrition Q&As!

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06:30 | Do I need to be in a Calorie surplus or a deficit to lose fat, but gain strength?

07:50 | Could he be in a Calorie deficit on non-training days and a surplus on training days?

09:30 | Does caffeine affect weight loss in a positive or negative way?

16:20 | Have you heard about this ketone product that is being plugged recently?

17:08 | How do you work out how to be in a deficit?

21:35 | Do you have any podcasts lined up for 2018?

22:40 | Is magnesium better absorbed via pill or body cream? I rub magnesium cream onto sore muscles for recovery, is this a waste of time?

24:20 | What is the best nutrition strategy for endurance events over 10 hours, as in an Ironman. Would you stick with a high carb diet or is a higher fat diet more effective?

25:37 | Binge eating, what to advise people who have a problem, that know about the Calories but still eat an entire days' worth of Calories in one sitting.

27:27 | Is there any evidence behind the claim that a severe Calorie restriction diet will lead to, almost the 'preferential use' of muscle over fat as an energy source (even with resistance training plus a high protein diet?)

31:50 | When dropping females into a healthy deficit, I'm conscious that going too quickly can result in issues with their monthly cycle. Is there guidance on how aggressive we can be as practitioners? I would normally start as high as possible and reduce slowly.

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Day 21 of 31 days of Facebook LIVE Nutrition Q&As!

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05:23 & 08:20 | I worked out my Calorie allowance (deficit) based on your formula and it gave me just over 900kcal (that's with no exercise added). IIFYM gives me around 1600 which I was losing weight on without exercise when I was injured. I'm confused. Maths is not my strong point. Perhaps I worked it out wrong?

06:30 | I was wondering if there's any research on "superfoods" (Acai, Maca, Chlorella, Spirulina, Baobab) and their claimed benefits? For example, the effects of Maca and Spirulina on endurance and overall sports performance?

08:32 & 10:30 | Conflicting information on whether to add in workout Calories back in to a Calorie goal for the day. I typically burn 500-1000kcal in workouts. Goal is fat loss and I have good muscle mass (100lbs LBM) and 173lbs. My Calorie goal is 1650 Calories per day and I've been adding workout Calories back in.

09:20 & 12:30 | What are your thoughts on intermittent fasting? I have been doing it for 3 weeks. 16-hour fast and 8 hour eating window. I weigh around 85kg and I am looking for some idea of how much I should be eating in those 8 hours? 2/3 meals? Content of those meals?

15:20 | I have been put on 1500 Calories by my personal trainer and I am 5 foot 7 and 15 stone 10lb and working out 5 times a week. What are your thoughts on this?

16:15 | What are the most essential vitamins and how much of those vitamins do you need for an individual training at high intensity, 4-5 times a week? Eating 75g of greens 4 times a day with meals too.

18:09 | What are the best foods to eat for a woman with peri-menopause (hormonal imbalance) low oestrogen?

19:00 | [Discussion around knowingly and unknowingly mis-reporting/ lying when dieting]

26:00 | I have yo-yo dieted all my life going up as high as 117kg and then lost 4 stone and gone back up. Why do I keep doing it to myself? It makes me feel so unhappy.

28:37 | Grams vs Millilitres? On the scale it weighs the same, but labels always say they're different weights. What's the deal? How do you track it?

29:10 | What do you think about Mindset? And if you read books about this, what do you suggest?

29:24 | For somebody just coming out of a nutrition BSc, what would you recommend they do next when their eventual goal is to be a trainer/nutritionist at their own gym (alongside MNU of course). Cannot really afford to do a Masters. Have you heard of the SBS academy? If so, what are your opinions on it?

33:20 | Thoughts on creatine? I'm a netball umpire at a relatively high level, will creatine assist energy output for games and fitness testing? Fitness testing is based on yo-yo tests every 3 months.

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Day 22 of 31 days of Facebook LIVE Nutrition Q&As!

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08:46 | What is your opinion on artificial sweeteners in terms of our health? Are they worse or better than sugar?

13:44 | What do you think about the importance of eating before working out as a bodybuilder?

16:18 | I weigh 110kg and my total daily energy expenditure is 3100kcal. Is a 1000kcal deficit too much? When does a larger deficit become detrimental to progress?

18:45 | I have a client who is quite thin. I have been increasing her Calories and minimising her cardio and NEAT levels. I have her at 2000kcal/day and she currently weighs 54kg but is struggling to eat. I have her protein levels where they should be. Do you have any advice with helping this client back to a healthy level? I have just introduced the idea of having a shake a day to increase kcals.

20:41 | Are you familiar with Novak Djokovic's gluten-free story? Have you any comments on it? Does going gluten-free really have these miraculous benefits?

21:52 | If you are finding it difficult to eat and are not going to be able to eat enough, which macros would you prioritise to ingest? Can you suggest a nutrient-dense carbohydrate food source?

23:43 | How much better for you is organic food? Is there really a big difference as it can be expensive? What are your thoughts?

29:14 | Should we encourage children to eat breakfast before school?

34:50 | Eating once a day doesn't matter for fat loss but what about muscle loss?

35:50 | As an Olympic weightlifter, I am trying to fill out my weight class (69kg), as I usually weigh in a little light in competition (67-68kg). Would you suggest doing a muscle gain phase up to 73-74kg and then cut down to drop body fat or is body recomposition where you stay the same weight but drop body fat and gain muscle a) possible and b) a better option?

37:48 | Is it worth trying to argue/educate people who are committed to unscientific ideas (e.g. the insulin hypothesis)?

40:16 | Are there any good studies on the topic of vegetarianism/veganism vs meat-eating?

42:30 | Is there any truth in eating for body type?

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Day 23 of 31 days of Facebook LIVE Nutrition Q&As!

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04:40 | Why is BMR calculated on lean muscle mass?

07:58 | Is it okay to eat a protein bar every evening rather than a chocolate bar to satisfy sweet tooth and help hit protein macro target?

08:48 | Why is there so much sugar in plain Quaker rolled oats? There is about 14g of sugar per 40g of oats.

09:16 | Is inflammation something to worry about in a healthy diet?

10:57 | Does Mac-Nutrition Uni help with finding and understanding research?

14:08 | Is there any evidence behind carb cycling being a benefit for fat loss or is it simply a tactic to reduce Calories/carb intake?

15:44 | What is the difference between the sugar in fruits and the sugar in junk food/sweets? Does your body react differently to the sugar in fruits as opposed to junk food/sweets?

19:15 | Would you recommend L-Glycine or Collagen or both for joint pain prevention/healing? Also, would you recommend this continuously or periodically?

20:32 | Is there anything you can do to help with the symptoms of having low cortisol such as fatigue?

23:11 | Does the timing of the last meal of the day matter when you want to lose weight if you are getting the same number of Calories?

25:40 | What is your position on the benefits of BCAAs? Are they more beneficial for recovery than complete sources of protein?

27:52 | Can you explain why starvation mode is not a thing?

31:51 | Would your carbohydrate intake be best spread out throughout the day similar to protein intake?

39:44 | What is your experience in terms of job opportunities after graduation in a course such as an MSc in Sports Nutrition? Many have told me it would be better to do another MSc in dietetics.

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Day 24 of 31 days of Facebook LIVE Nutrition Q&As!

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04:28 | Do DNA tests have any relevance in determining food sensitivities and intolerances or even which type of training is most suitable (power/endurance)? Are they something that I should be referring my clients to take?

13:12 | What meals should I eat to feel fuller for longer?

15:00 | Is there much evidence showing that being deficient in pantothenic acid can lead to pins and needles in the extremities?

15:58 | What are your thoughts on reduced Calorie wine and alcohol?

17:42 | What are your thoughts on carb cycling and intermittent fasting?

18:07 | Anything in the nutrition industry that you have your eye on that's new/exciting to look out for? Be it new research, a supplement or a practice?

21:49 | I have low Vitamin D levels; can gluten sensitivity be a contributing factor? Can it cause problems for the absorption of vitamins?

24:55 | Is the whoosh effect real?

29:00 | What are your thoughts on integrity in the fitness and nutrition industry? I have been offered a PT position in a studio that advocates and builds its business model around metabolic typing to give nutrition advice. Naturally I don't buy into this, so I have turned down the opportunity. I'm certain it is going to hurt me in the short-term, but I believe in the long run my integrity will see me through.

31:04 | I understand fat cells grow and produce more when overloaded, is this true? If so and you are morbidly obese and want to get really lean, are you always fighting your fat cells? What happens to your fat cells as you get lower in body fat? Are they always wanting to hold onto fat?

33:06 | Thoughts on nuts and gluten?

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Day 25 of 31 days of Facebook LIVE Nutrition Q&As!

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05:39 | I keep hearing the term anabolic window. Is there an anabolic window after training?

09:58 | What is your view on taking ephedrine/caffeine/aspirin combo to help burn fat?

11:29 | What's your opinion on starting an obese person on a low carb high fat high protein diet? Would that be a good start?

13:35 | I have a client with PCOS. I basically have her on a high protein diet and supplementing Inositol as recommended by you on a previous Facebook LIVE. I also have her doing resistance training and not so much cardio. Due to PCOS, I have also instructed her to consume less carbs pre or post workout only. Is there anything else you suggest I need to do for this client?

15:28 | Recently you were talking about energy availability in a Facebook Q&A. You said not to go below 30kcal per kg of FFM, just wanted to know what effect it would have on the body to be under this number while dieting? Also, if 30kcal per kg of FFM is the lowest you should go, would that mean no one should diet on less Calories than FFM x 30. I am currently on 1200 Calories a day, however, I did the energy availability calculation and it's under 20kcal/kg FFM.

18:33 | On a previous Facebook LIVE I think you were discussing optimal protein intake for maximal muscle gain/protein synthesis and you said post workout it is best to consume 0.5g protein/kg BW from dairy? Is that correct? Why is dairy better than any other protein source post workout?

21:51 | I understand that quality of food doesn't directly affect body composition, however will improve health. But is there any research, which suggests that gut health has any effect on nutrient absorption? Also, if I was to give someone sauerkraut and other foods of the like to improve their gut bacteria and overall health, would this in turn also help with their overall nutrient absorption and in turn fat loss and body composition?

25:57 | My question is around exogenous ketones around weight loss. I'm sure I'm aware of the current scientific literature. However, I like to present arguments in as simple a sense as possible. I was thinking that from a very broad sense the idea of supplements putting you into Ketosis doesn't really make sense. In fact, the point of Ketosis is to burn your own body stores, which you won't be doing whilst providing an exogenous fuel?! Thoughts?!

26:34 | Can your body only absorb so much protein in one sitting? If so, how would you find this amount? For example, I'm 165lb male. I want 165g protein in a day. If one of my meals contains 80g protein would I only be able to absorb (for example) 80% of that?

27:55 | Can we talk poop. Despite having 20-25g of fibre a day I only poop once maybe twice a week. Always been the same since a child. Can I take anything to benefit my gut health?

34:25 | Exercise amenorrhea, reversed dieted, now I am a stone heavier, thoughts? Is my body fat still too low?

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Day 26 of 31 days of Facebook LIVE Nutrition Q&As!

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06:15 | What is the maximum fat intake that you recommend?

08:28 | On a TV show last week, I heard the brain needs carbohydrate but not just any old carbohydrates, it "prefers the good kind" such as wholegrains and slow release foods. Surely glucose is glucose no matter where it comes from?

11:13 | Quick fibre question regarding daily targets. Should they be coming from both soluble and insoluble sources? Is there more benefit from one than the other?

13:00 | I am currently in a Calorie deficit (1500kcal) and have been feeling cold a lot, would this suggest my deficit is too low? Or is this normal?

16:12 | How much of a deficit would you suggest for weight loss? I am very active, burning on average 3500kcal per day.

28:33 | How much sleep is necessary? Especially for weight loss and muscle recovery.

30:25 | Dieting as aggressively as possible? 800kcal all from protein, is that too extreme?

31:05 | In a Calorie deficit, are we really getting enough nutrients?

31:30 | Thoughts on metabolic conditioning classes? Is conditioning even a thing?

32:42 | I'm mildly lactose intolerant, and recently have had issues with whey isolate protein. I eat Greek yoghurt daily with no issues. What would cause the issues with whey?

33:29 | How do medically prescribed steroids effect metabolism?

34:01 | Do Calories from fibre count?

34:35 | Does Glucophage help for PCOS?

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Day 27 of 31 days of Facebook LIVE Nutrition Q&As!

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07:20 | In the past you mentioned 1.7 grams per kg as a protein recommendation during fat loss protocols, is that right? Is that for lean mass only and does this also apply to obese individuals? Protein recommendations seem to be excessive in those cases.

08:50 | As you've always told us, everybody lies! So how do I get through to a client who swears blind 'that's all they eat', but they still aren't losing weight? Do you have any tips?

16:52 | My close friend/client who has PCOS is starting her bodybuilding prep in February. Is re-feeding for a 35-year-old with PCOS different to someone without PCOS? As in a previous Q&A you mentioned that having 2 x BW (kg) in grams of carbs is about right for someone with PCOS. Or should I increase them to a certain level during re-feeds?

20:15 | Is there much evidence supporting the use of pre/pro-biotics? You can get supplements that contain billions of live organisms.

22:10 | Thoughts on the new public health campaign for kids to have 2 x 100 Calorie snacks a day?

22:24 | When you say people lie when overestimating their food, what is a typical overestimate of Calories?

23:14 | I am new to weight training and finding that I am ravenous after a session. I am currently eating 500kcal less than TDEE. Are there any foods that help satiety levels?

25:05 | It has been discovered that the anabolic window is more like a barn door, but is protein intake closer to finishing exercise more beneficial?

26:46 | Any food/macro combination to avoid in a meal e.g. high fat & high carbs, high carbs & wine, high fat & wine, even if Calorie wise it is not excessive?

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Day 28 of 31 days of Facebook LIVE Nutrition Q&As!

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08:17 | Thank you for your feedback on your previous live regarding my PCOS client. Just another question please if you don't mind! Her Vitamin D is very low however her GP has her on a one off YEARLY Vitamin D injection, do you think this is enough or should she be supplementing Vitamin D more often. Thank you in advance as I know your feedback will be amazing.

09:45 | So today I had a Level 3 PT nutrition day. The lecturer seemed very pro-keto and when I questioned him, he said Scott Alexander has evidence to prove Keto has benefits, other than in epilepsy. In fact, he lives in constant keto. Thoughts? What about getting him on for debate?

12:26 | Can you explain why drinks like Amino Energy say it should not be consumed by pregnant women or children? What might the risks be?

13:45 | Had a post in another group today with a guy asking should he try the apple cider vinegar supplement to aid fat loss. I know it is almost definitely BS, but it would help if I had your view to know whether I'm right or not please Martin.

16:00 | Are protein shakes useful for weight loss? Which ones would you recommend?

17:59 | Is there a link between gut health and eczema/psoriasis. Any foods to avoid for eczema? Or would most people's cases be individual?

24:23 | What's your opinion on the effectiveness of the hand diet? The palm for protein, thumb for fat etc. thing?

31:48 | From your experience, what is a good way or tactic to approach a Calorie deficit with a person who has an overall very hard time adhering to it. One reason due to unbearable cravings during PMS.

35:00 | How high of a dose of EPA and DHA would you recommend?

35:50 | I have been in what I believe is a Calorie deficit for a few months. I also began weight training. I have not lost much weight but have lost inches. Would you suggest cutting Calories further or stop using weight as the measurement?

39:00 | Theoretical maximal muscle gain?

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Day 29 of 31 days of Facebook LIVE Nutrition Q&As!

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05:35 | Why are food intolerance tests a waste of money?

13:15 | What fish should we be eating and how often?

16:21 | What do you know about SARMS (Selective Androgen Receptor Modulators)?

17:20 | Is the 8 glasses of water a day claim evidence-based?

19:23 | Is MNU outside the scope of practice of a personal trainer?

20:35 | A question regarding metabolising alcohol. I have heard that when consuming alcohol we must use it as an energy source before using other macronutrients. Is it a concern when trying to reduce body fat even if in a Calorie deficit?

21:32 | A TV programme claimed gut bacteria made you slimmer and leaner. They take poo from a healthy lean donor, put it into a capsule and they lost weight.

24:43 | Are there foods that you should avoid with underactive thyroid and Hashimoto's disease?

28:30 | How many days can you eat in a large deficit before ghrelin is elevated?

30:33 | If one is to use a multivitamin, can it be hard to determine urine colour because of B vitamins?

31:32 | What dose of vitamin D do you suggest?

32:16 | If recovering from surgery and sedentary apart from walking, where should I set Calories? I'm currently maintaining at 2000kcal, training 2 x week.

33:37 | What would you recommend for the most accurate way of measuring BMR?

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Day 30 of 31 days of Facebook LIVE Nutrition Q&As!

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05:32 | Is there evidence to suggest that auto-immune conditions can be caused by gluten intolerance? I was previously told my hyperthyroidism (Graves' Disease) was likely the result of this and I would be vulnerable to more if I didn't address the issue.

10:55 | What is a good surplus for muscle gain?

13:18 | Are there any nutritional/supplement recommendations for someone with adrenal fatigue?

14:01 | Is 0.05g per kg of bodyweight for creatine loading, four times a day correct?

14:25 | When working with an overweight individual, what is more important current weight or current body fat percentage?

16:28 | What are your thoughts on a low-Calorie diet for a short period of time?

17:49 | What are your top 5 healthiest foods?

22:10 | What are the main differences between whey concentrate, whey isolate and whey hydrolysate?

23:11 | After surgery, when would it be safe and realistic to go back to a Calorie deficit?

23:40 | Is there a calculation or method for determining how many carbohydrates are required for an athlete training for a marathon or finding out what their glycogen levels are?

34:43 | What's the best nutrition approach for clients with IBS?

35:16 | What's the best for daily consumption; tap water, bottled water, high in mineral and low in mineral?

37:00 | What whey isolate protein supplement would you recommend?

38:44 | Since starting your nutrition career, are there any topics or beliefs that you have completely changed your stance on based on knowledge or research?

40:10 | Does boiling vegetables reduce the amount of nutrients present?

41:12 | What are the numbers you use to multiply BMR to account for different activity levels?

42:36 | Is there any evidence that I should be supplementing with K2 alongside Vitamin D?

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Day 31 of 31 days of Facebook LIVE Nutrition Q&As!

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06:10 | Would you recommend Krill oil or fish oil? Could you explain the difference, if any?

08:30 | Are refeeds and diet breaks a tool for helping people stick with a diet or is there a scientific/physiological reason?

11:38 | What are the medical dangers of rapid weight loss or fat loss?

12:48 | What would you suggest to a person who has been on very low-Calorie diet for a prolonged duration (months/year) if he wants to lose fat and build muscle?

13:49 | A doctor recently advised high protein for fertility treatment. Is this a thing?

14:22 | Is there much nutritional difference in blended fruit (smoothies) versus eating whole fruit?

15:30 | What are your personal thoughts about a Ketogenic diet?

16:25 | What do you think about contamination in fish oils? I used to take krill oil, now taking a clean (supposedly) cod liver oil.

17:30 | How risky is loose skin surgery?

18:40 | How often can you do a refeed?

21:34 | When you suspect or know that a client is purposely lying or not fully reporting on a food log/diary, what approach would you take with them?

24:54 | What are the best foods to help my body recover and reduce inflammation?

25:35 | I was very sleepy after consuming 500g of carbs. Is this normal?

27:50 | Why does modern creatine appear to reduce my performance? I feel muscle pump, which reduces muscle endurance. Is creatine different than 20 years ago?

28:25 | I've had a few people mention Dr Fung and the obesity code recently, claiming that he's got the right idea with keto and insulin. Can you de-bunk this please?

31:08 | Would the storage of glycogen from oats be the same as a can of coke with the equivalent macros?

32:57 | Do the weekly Calories apply for bulking too? For example, if I need 3000kcal per day to gain weight (21000kcal per week) could I do it by eating 2500kcal for 6 days and eat 6000kcal on Sunday?

39:25 | When it comes to fat loss, how important is hydration? Does it increase your metabolism?

41:20 | I have had multiple people encourage me to take Creatine. Does it make you gain weight?

43:00 | What are the effects of night shifts on fat loss? I'm a nurse that works lots of 13-hour days and nights.

48:28 | I'm looking for recommendations on fish oil and multivitamin supplements. Are there any brands or specific products that you would recommend?

49:42 | How do you balance your carb intake around work and workouts? I'm a chef, which is physically and mentally demanding; it gets hard to cut when you start snacking on the job to have energy to get through a demanding shift.

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