

PROTEIN: HOW MUCH DO I NEED?

- Protein in food provides the building blocks for all the body's cells and tissues, including immune cells, bones, skin, and muscles.
- People trying to build muscle **DO** need more protein than a sedentary person, but...
 - Most people already eat more than they need!
 - And, it doesn't take that much more protein!
- Remember, the key to building muscle is resistance training and consuming adequate calories and carbohydrate to fuel this type of training. Adequate, but not excessive, protein is needed.

		Recommended grams of protein per day based on body weight					
	g protein per kg weight	110 LB (50 kg)	130 LB (59 kg)	150 LB (68 kg)	170 LB (77 kg)	190 LB (86 kg)	210 LB (95 kg)
Sedentary Person	* 0.8 (0.4 g/lb.)	40	47	54	62	69	76
Endurance Athlete (aerobic training)	1.2 - 1.4 (0.6 g/lb.)	60-70	71-83	82-95	92-108	103-120	114-133
Strength Athlete (muscle building)	1.6 - 1.8 (0.8 g/lb.)	80-90	94-106	109-122	123-139	138-155	152-171

* NOTE: Average sedentary person consumes about 1.4 g protein per kg body weight.

Is more better? NO!

- Excess protein (> 2.0 g protein / kg body weight) cannot be stored in your body. Instead, it is either burned inefficiently for energy or stored as fat!
- Also, excess protein can be detrimental to your health!
 - It can dehydrate you.
 - It can cause excessive calcium loss from your bones.
 - It can increase your risk for heart disease (since many high-protein foods are also high in saturated fat).
- You can easily meet your protein needs by choosing a balanced diet with a variety of healthy plant and animal foods. Approximately 10-35% of your total daily calories should come from protein.

PROTEIN

Animal

“Complete” Protein
(high in all the essential
amino acids)

Lean Meat and Poultry

3 oz. = 24-27 g.

Fish and Shellfish

3 oz. = 18-22 g.

Milk and Yogurt

1 cup = 8 g.

Cheese

1 oz. slice = 7 g.

Cottage Cheese

3/4 cup = 23 g.

Eggs

1 whole egg
or 2 egg whites = 7 g.

Plant

“Incomplete” Protein*
(low in one or more of the
essential amino acids)

Soy Foods **

4 oz. (1/2c.) tempeh = 24 g

4 oz. (1/2c.) tofu = 10 g.

1 soy burger = 11-13 g.

1 cup soy milk = 7-10 g.

Beans and Lentils

1 cup = 15 g.

Nuts and Nut Butter

1 oz. (1/4c.) nuts = 6 g.

2 Tbsp. nut butter = 8 g.

Vegetables

1/2 cup cooked = 2 g.

Grains

1 slice bread, 1/2 cup rice,
pasta, or cereal = 3 g.

* “Incomplete” proteins can be combined to form “complete” proteins
(i.e. beans and rice, peanut butter on whole wheat bread, etc.)

** Unlike other plant proteins, soy protein is considered “complete.”