

## 7095 - Protein in Your Diet

**Protein is ...** essential for building and repairing muscles, red blood cells and other tissues such as hair and skin. Proteins even play a role in immune function and hormone formation.

### How Much Do I Need?

The general rule is, the more exercise you do, the more protein you will need to build and repair those muscles damaged by exercise.

Sedentary	0.8 g/kg body weight (BW)
Endurance	1.2 – 1.6 g/kg BW
General Sports	1 g/kg BW
Strength Training	1.2 – 1.6 g/kg BW
Adolescent/Growing Teenager	2.0 g/kg BW

Ex. Adult who runs for 10 miles (endurance training) and weighs 70 kg.

$$1.2 \text{ g} \times 70 \text{ kg} = 84 \text{ g}$$

$$1.6 \text{ g} \times 70 \text{ kg} = 112 \text{ g}$$

Adult would consume 84 – 112 g protein per day.

### Top Sources of Protein

- ✓ Fish
- ✓ Egg whites
- ✓ Low-fat dairy products
- ✓ Lean cuts of poultry and red meat
- ✓ Tofu
- ✓ Chickpeas
- ✓ Lentils
- ✓ Garbanzo beans
- ✓ Nuts

**Nuts are nutrient dense bullets.** They are rich in calories, **unsaturated fats**, fiber, vitamin E, B6, folic acid, niacin, magnesium, zinc, copper, and potassium. They also have **phytochemicals** – biologically active components of food that may improve our health.

Food	How Much	Protein Content (g)
Milk or yogurt	1 cup	8
Egg	1 medium	7
Cheese	2 slices (60 g)	14
Meat, poultry, or fish	4 oz, cooked (90 g)	28
Legumes	1 cup	7
Peanut butter	2 tbsp	14 g

### Take Home Message: Use the R5 Approach



**R1** – Re-energize muscles with **carbohydrate** rich foods (breads, fruits, chocolate milk).

**R2** – Re-vitalize muscles with **antioxidant** vitamins and minerals (berries, oranges, spinach).

**R3** – Re-build bones and muscles with **protein** and nutrients (lean meats and alternatives),

**R4** – Re-oxygenate muscles with **iron** and protein (meats, leafy green veggies, fortified grains).

**R5** – Re-hydrate with **water** and other fluids before, during and after physical activity.

Resources: <https://irun.ca/>