

PROTEIN REQUIREMENTS

Protein is an essential nutrient. It breaks down into amino acids which your body then uses to build and repair muscles and to make hormones and enzymes. Those hormones and enzymes are then used in most bodily processes. Protein can also be used as a source of energy, helps us feel fuller for longer, and reduces blood glucose spikes. If we don't consume optimal protein levels this may lead to a weakened immune system, muscle and bone loss and changes in skin and hair. The body is thought to compensate by breaking down our own muscle mass if we don't consume enough.

HOW MUCH DO WE NEED?

The basic rule of thumb when it comes to protein intake is **1g** of protein per kg of body weight for adults. This is the recommended intake for basic nutritional needs. Those that are looking to bulk would be looking at a higher intake of up to 1.8kg but that **MUST** be done under supervision. You can have too much protein - As a general rule do not exceed 100g daily without seeking expert support.

PROTEIN MARKETING & PROTEIN POWDERS

There seems to be a trend at the moment with lots of manufacturers having a standard product and then one with "added protein" on the label. These products are often much more expensive and often aren't significantly higher in protein levels. You **DO NOT** need to buy products that are marketed as having added protein such as cereals, yoghurts, protein or cereal bars, shakes etc unless you do really struggle to eat with appetite or have specific dietary needs (and again this is best done under supervision).

Some people do enjoy a protein smoothie and that is okay! I recommend buying a plain protein powder and making your own drinks.

I would be very selective on choosing your protein powder - you do want to avoid ones with sweeteners and flavourings. Some people are better on a pea protein than a whey protein. I would also not have more than one protein shake per day. Some great protein brands include

Nuzest Clean & Lean * Pulsin Pea Protein * The Organic Protein Company

FOOD FIRST!

You should be able to consume enough protein from your foods. On the next page I've listed lots of common foods and portion sizes to show you how much protein each food contains. If in doubt - just check the nutrition labels!



PROTEIN REQUIREMENTS

FOOD	PROTEIN CONTENT
Chicken breast per 100g	28-30g
Sirloin Steak per 100g	26-28g
5% beef mince per 100g	29-31g
Salmon / cod Fillet per 100g	20-22g
Tinned tuna per 100g drained	23.5g
Baked beans 200g	9g
Egg (medium)	6g
5% Natural Yogurt per 100g	9-10g
Quinoa per 100g cooked	6g
Beans, lentils per 100g	9g
Tofu 100g	8g
Nuts per 25g	5g
Cheddar per 30g	7.5g
Sourdough bread - 2 slices	8-10g
Oats per 40g	4g
Peas per 80g	4g

ROUGH PROTEIN CONTENT IN EVERYDAY FOODS

