



ALL ABOUT PROTEIN

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Many are often confused about the topic of protein, specifically regarding how much protein they really need, what foods it is found in, and when it should be consumed. So I thought I would write this blog post to hopefully answer any questions you may have!

How Much Protein Do I Need?

The Recommended Dietary Allowance (RDA) for protein is about 0.8 grams of protein per every kilo-gram of body weight. This means that a 150 lb person would need to consume about 54 grams of protein in one day.

$150 \text{ lb} \div 2.2 = \sim 68 \text{ kg}$

$68 \text{ kg} \times 0.8 = 54.4$

~54 grams of protein per day

Honestly, unless you are malnourished, an elite athlete, or a bodybuilder, I wouldn't worry so much about the exact grams of protein that you need to hit everyday, rather just try to focus on the bigger picture. An easy way to build your plate is by following the plate method. The plate method is a simple and visual way to make sure you are getting enough macros on your plate with a variety of nutrients. It focuses on having half of your plate filled with non starchy vegetables, a fourth of your plate a grain or scratch and the last quarter of it being a protein source. Rather than recommending a certain number of grams of protein, it suggests a certain size that your protein should be, per meal. So, next time you are fixing up a plate of food, aim for one fourth of your plate to have a protein or you can alternatively use the palm of your hand as a guide. The palm of your hand makes up about 3-4 ounces of protein.

ESSENTIAL AMINO ACIDS VERSUS NONESSENTIAL AMINO ACIDS	
Essential amino acids cannot be synthesised by the human body	Nonessential amino acids can be synthesised by the human body
Must be obtained from the daily diet	Can be synthesized by the human body
Known as indispensable amino acids	Known as dispensable amino acids
Adults cannot synthesise 9 amino acids	Adults can synthesise 11 amino acids
Examples include histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine	Examples include alanine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, proline, serine and tyrosine
	Pediaa.com

What Are Good Sources of Protein?

Contrary to popular belief, you can always find a good source of protein whether you are a vegan, vegetarian, pescatarian, etc...

To clarify, there are two types of proteins: complete and incomplete proteins. Complete proteins are mainly found in animal products and they contain all 9 essential amino acids. Incomplete protein sources come from non animal sources such as grains, legumes, nuts, and seeds. These incomplete proteins contain some but not all of the amino acids that our bodies need. You can combine

certain incomplete proteins in order to make a complete protein but if you eat a variety of foods on a regular basis, you don't really need to worry about this.

Try to stop yourself from focusing on the little things that complicate nutrition and look more at the bigger picture. Does your plate have most of the colors of the rainbow? Is your plate filled with a variety of different foods? These are the more important questions to ask yourself. Eating many different foods each day will give you all the essential amino acids necessary along with other beneficial nutrients. Try not to be so fixated on grams, calories, and whatnot. Try this out and I promise you'll find yourself less stressed around food.



Here is a list of various protein sources and the grams of protein in every 100 grams of protein source

Protein Source	Grams (g) of Protein per 100 Grams of Protein Source
Seitan	25 g
Edamame	17 g
Tofu	8 g
Lentils	9 g
Black Beans	15 g
Quinoa	4.4 g
Whole Wheat Pasta	6 g
Oats	16.9 g
Hummus	8 g
Chicken breast	27 g
Eggs	12 g
Tuna	30 g
Greek Yogurt	10 g
Salmon	20 g
Sirloin Steak	33 g
Cottage Cheese	11 g

Protein Powders

If you are really struggling to eat a variety of foods, you can use protein powders as a supplement until you start incorporating more diversity into your diet. I would recommend an organic, third party tested brand and you can choose between a whey or plant based protein powder. I want to *stress* to try and get protein from your foods first but if for whatever reason you are finding it hard to do so, this is a good supplement to add to your diet until you are able to incorporate more animal and/or plant based proteins, like the ones mentioned above, into your meals.

Did You Know?

Something I want to also mention is protein consumption for recreational athletes, specifically those who want to gain more muscle. Those who have the goal to gain more muscle are so fixated on protein but that isn't the only macronutrient responsible. Protein is in charge of muscle recovery but carbohydrates are just as important and you want to be sure to pair the two together, following your workout, for optimal muscle growth.

In addition, protein timing is also important for those who want to gain muscle. For example, eating a 16 ounce steak at dinner to get all of your protein needs in is not going to cut it. Unlike fats, amino acids are not stored for later use. So in a single meal period, your body is only going to use the amount of protein that it needs and if you consume excess amounts of it, those amino acids are going to be excreted in your urine. The best way to gain muscle, in addition to pairing it with carbs, is to space them out throughout the day. Studies have suggested that consuming amino acids after a workout should be done within a two hour or less window period after your workout. This supports an increase in lean body mass, thus directing you closer to your goals.

