PROTEIN 101

In the age of fad diets, protein powders, protein bars, protein shakes and supplements, it’s hard to know how much protein we really need.

How Much Protein Do We Need?
Protein is a necessary building block for every cell in our body. It is especially important for muscle growth, maintenance, and repair. The amount we need depends on our activity level and overall energy intake.
- Individuals aged 19+: 0.8g protein/kg/day
- Athletes need more:
  - Endurance athletes: 1.2-1.4g/kg/day
  - Strength training athletes: 1.6-1.7g/kg/day

What Are The Richest Sources of Protein?
Foods rich in protein include meat, fish, poultry, dairy, eggs, as well as legumes, soy, nuts and seeds. Protein powders and bars are popular sources, especially amongst athletes.

It’s best to space protein intake out evenly between meals and snacks to help keep you satiated and to regulate blood sugar. In general, 20g protein for a meal or post exercise recovery snack, and 10g for a regular snack, is sufficient. However, these amounts could be more depending on your total requirement for the day.

Some protein rich snack/meal ideas:
- Greek yogurt parfait with oats, fresh/dry fruit, nuts/seeds
- Egg white scramble with fresh vegetables
- Baked tofu cubes and shelled edamame with pepper.
- Grilled chicken/beef/fish with vegetables and rice
- Cheese with fruit or whole grain crackers

DO WE NEED PROTEIN POWDERS?

Using protein powders can be a quick and efficient way to help meet protein needs. One scoop is typically around 20g of protein. However, they can be expensive and lack the variety of nutrients that food provides.

The most popular powders are derived from milk protein and are in the form of either whey or casein, or a mixture of both. Whey proteins are absorbed quickly, so are a good “all purpose” and post workout choice. In contrast, casein protein acts slowly and steadily, so is best used at night. Other types of protein include egg, which is a good multipurpose source, and plant proteins such as soy, rice, and pea.

Adding Powders to Meals/Snacks:
- Smoothies: 1 scoop powder + water/juice/milk + fresh/frozen fruits and/or greens
- Add to oatmeal, granola, yogurt
- Add in baked good recipes
- Protein balls: dates, protein powder, peanut butter

Food Sources of Protein

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>SERVING for 20g PROTEIN</th>
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</thead>
<tbody>
<tr>
<td>Fat free plain Greek yogurt</td>
<td>~135</td>
<td>~1 cup</td>
</tr>
<tr>
<td>Skim milk powder</td>
<td>90</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Seeds (chia, flax, pumpkin)</td>
<td>450</td>
<td>1/4-1/2 cup</td>
</tr>
<tr>
<td>Almonds</td>
<td>640</td>
<td>2/3 cup</td>
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<tr>
<td>Egg whites</td>
<td>85</td>
<td>5 egg whites</td>
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<tr>
<td>Tofu</td>
<td>190</td>
<td>¼ cup</td>
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<tr>
<td>Edamame</td>
<td>200</td>
<td>1 cup</td>
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<tr>
<td>Canned tuna, sardines, turkey, chicken breast</td>
<td>85</td>
<td>1 snack size tin (85g)</td>
</tr>
<tr>
<td>Salmon, lean ground beef, ham</td>
<td>125-250</td>
<td>¼-1/2 cup</td>
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</tbody>
</table>

*Varies depending on type and brand of food. Search ‘Canadian Nutrient File’ or look at nutritional labels

What does 20g of protein look like???

Egg whites

Tuna

Chickpeas (250g)

Chicken breast

Tofu

Shrimp (75g)

“Hulk” Green Smoothie

Yield: 2 servings
Per serving: 215 cal, Fat 1g, Carb 45g, Natural sugar 25g, Added sugar 0g, Pro. 10g, Fibre 5g
- ½ cup apple juice
- 2 cups baby spinach
- 3 cups fruit (1 frozen banana, 1 cup frozen mango, 1 cup cored green apple)
- ½ cup pasteurized liquid egg whites
- Additional water and ice to get the consistency you like

Mention this newsletter at your first appointment and receive $20 off your nutrition assessment