

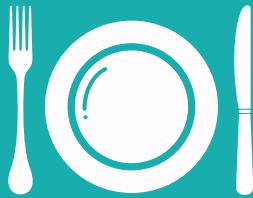
Protein: Amino Acids



- The main role of protein in the body is to facilitate and regulate different functions in the body.
- Protein forms the building blocks of muscle, blood, and skin.
- Some proteins act as enzymes and hormones.
- Helps maintain the body's fluid balance.
- Helps maintain the balance between acids and bases in the body.
- Works as transporters that carry nutrients and other molecules.
- As antibodies, proteins help to defend the body against disease.

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The daily recommendation for protein is between 10% to 35%.



Recommended intake for most people is:
0.8g - 2.2g per kg of bodyweight.

Protein portions suggestions:
20-40g per meal
12-29g per snack

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Protein in Foods and Quality Proteins

Amino Acids

Proteins are made up of 20 common amino acids. 9 are essential, meaning that the human body can not make them, and must be supplied from diet. The other 11 are nonessential, meaning that they are produced in the body.



High-Quality Protein

Contain all the essential amino acids. Foods derived from animals such as meat, seafood, poultry, eggs, and dairy provide high-quality proteins. These are also called complete proteins.



Complementary Proteins

Plant proteins are lower in quality when compared to animal protein and offer less protein. When combining 2 complementary proteins together, they contain all essential amino acids. These are also called incomplete proteins, but when combined, form a complete protein.



Calculate Recommended Protein Intakes

- Convert pounds to kilograms, (pounds divided by 2.2 equals kilograms).
- Multiply kilograms by 0.8 to get your recommended daily allowance in grams per day. Example:

$$\begin{aligned} \text{Weight} &= 150 \\ 150 \text{ lbs} / 2.2 \text{ lb/kg} &= 68 \text{ kg (rounded)} \\ 68 \text{ kg} \times 0.8 \text{ g/kg} &= 54 \text{ g protein (rounded)} \end{aligned}$$

*This is an example of the low end of the recommended protein intake