

THE TRUTH ABOUT PROTEIN

Do you ever wonder how much protein you should be taking in each day? There are a lot of opinions, especially when it is marketed through protein supplements. We all know that protein is used to build muscles, but this can be exaggerated, and we find that our body can only absorb and store so much. Read the information below to find the **TRUTH** about your protein needs.

THE AMOUNT OF PROTEIN YOUR BODY NEEDS:

An average adult needs 1.0 - 1.8 grams per kilogram body weight

Your body weight in Lbs / 2.2 = Body weight in kilograms

Take your body weight in kilograms and multiply it by 1.0 & 1.8 this will be the minimal and maximal amount you need in grams of protein per day.

Consuming the high amount of 1.8 is only for someone who is just beginning to weight lift or is heavily power lifting. After someone has adapted to lifting the amount of protein the body needs decreases and the needs are closer to 1.0 - 1.4 gram/kg body weight when active.

HOW THE BODY ABSORBS PROTEIN:

Every 3 - 4 hours your body can only absorb so much protein.

In a 3 - 4 hour time period, males can absorb 20 - 30 grams and females can absorb 14 - 24 grams. The rest of the protein that is consumed is excreted out through your urine or the excess could also be stored as fat. Take the amount you need in a day and divide this by 4. This is how much protein you should be consuming every 4 hours to supply your muscle the best. **Note:** see how much a protein powder is giving you each time you take one scoop. You can only absorb so much!

For the best protein absorption, you should eat carbohydrates along with it.

You should eat 3 - 4 grams of carbohydrates to 1 protein gram for the best absorption. **Note:** look at the protein powder you are taking too see how many carbs are in one serving size. Probably close to none! You need carbs to fuel and refuel your muscles. This is your means for energy!

The timing of eating protein is important.

The ideal time to eat something for the utilization and absorption of carbs and protein is 30 minutes before or after your workout. **Note:** chocolate milk is an excellent option because it offers carbs and an adequate amount of protein.

Stick to the natural foods for better amino acids and nutrient intake.

Although protein supplements claim they have the important amino acids, they aren't as plentiful as they would like you to think. Plus, in general, engineered foods don't absorb as well and they lack beneficial nutrients. Stick to natural foods like cottage cheese, yogurt, lean meats, nuts, etc. **Note:** supplements also claim that amino acids absorb quicker. They all absorb the same!

IN CONCLUSION:

Make sure you know how much protein you need in a day by doing the equation above. More than likely you are getting enough in your daily food intake. If you're not, then it may be good to supplement a scoop of protein powder when strength training heavily. However, don't take too much in at once. Find out how much your body can absorb in a 3—4 hour period. Make sure you are eating within a 30 minutes window of your workouts, while eating carbs with your protein. And finally, don't fall for all the marketing of protein supplements. Stick to natural foods! Please don't hesitate to ask about any of your strength training needs or other subjects that you would like to discuss.