

All about Protein

How much protein do I need?

The amount of protein that you need, depends on your age, size, muscle mass, physical activity levels, the types of protein consumed and individual goals. Here are some general guidelines to get you started:

General population: a minimum of 0.8g/kg body weight
Active individuals: ranges from 1.4 – 2.0 g/kg body weight

Active Vegetarians: 1.6g/kg body weight

For example, an athlete weighing 75kg would need roughly 105g – 150g of protein/day.



How often should I eat protein?

It is ideal to spread protein intake across multiple feedings per day.

- Some things to consider for active individuals:
- 20-40g every 3-4 hrs or more specifically 0.25-0.4g/kg every 3-4 hrs.
 - 30-40g of dairy protein before bed if looking to build muscle.
 - Protein that contains amino acid leucine post exercise to aid with recovery.
 - Vegetarians should include a variety of protein sources throughout the day.

CHAT WITH ME!

Have any questions concerning food, nutrition & overall health? Feel free to email me on mmhardy@stfx.ca for any inquiries.

Protein sources with 12-15g:

- 1/2 cup of plain greek yogurt
- 1/2 cup of cottage cheese
- 2 cups of cow or soy milk
- 1/4 cup of pumpkin seeds
- 3 tbsp of hemp hearts
- 1.5 cups of chickpeas
- 1 cup of black beans
- 1 cup of lentils
- 2 eggs



Food Sources of Amino Acid Leucine



Protein sources with more than 20g:

- 3.5oz of meat, fish or poultry
- 3.5 oz of seitan
- 1 cup of edamame beans
- 1 cup of tofu
- 1 cup of tempeh