

# Protein

Eating enough in your diet will help you stay healthy and strong

## Who?

Everyone needs to eat protein!

Some groups do not eat enough

you are what your mother ate: infant birth weight decreases when mother does not consume adequate protein



children are growing and building muscle: this group needs more protein to help grow and stay energized



20 g of protein every 3 hours in athletes can maximize muscle growth. pre-sleep protein meals also help



older adults need more protein especially after exercise. reduce risk for sarcopenia with more exercise



vegetarians and vegans need to be careful to ensure they are eating a balance of foods to get all essential amino acids



more protein in critical care: muscle breaks down during illness. hard to notice muscle loss in some patients



## What?



eat high quality protein to get essential amino acids



breast milk is best for infants



complement food sources to get all amino acids



BCAA supplements not worth the \$

meat  
dairy  
beans  
nuts



## When?

don't let yourself get "hangry"

Eat protein at every meal



eat more protein at breakfast



eating protein during the day helps you stay full longer



shift amount of protein from dinner to other meals or snacks during the day



## Why?

Keep your body healthy



amino acids are the building blocks of protein



used to make enzymes and build tissue



limited protein can restrict growth



strong bones and immune system



## How?

Do some quick math

start with a calculation:  
 $\text{body weight in lbs} \div 2.2 = \text{weight in kg}$

### Healthy Adult

Needs: 0.8g/kg/day

Example:  $70\text{kg} \times 0.8\text{g/kg} = 56\text{ grams of protein/day}$



### Healthy Child

Needs: 1.3g/kg/day

Example:  $30\text{kg} \times 1.3\text{g/kg} = 39\text{ grams of protein/day}$

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Based on 2015 CNS thematic meeting  
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