Protein

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



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



#203

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





Mhats



eat high quality protein to get essential amino acids



breast milk is best for infants



complement food sources to get all amino acids



meat

dairy

BCAA supplements not worth the \$

Eat protein

at every

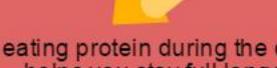
meal



eat more protein at breakfast

Mhen?

don't let yourself get "hangry"





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



eating protein during the day helps you stay full longer





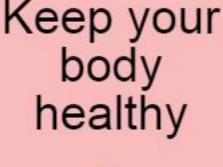
amino acids are the building blocks of protein



used to make enzymes and build tissue



limited protein can restrict growth



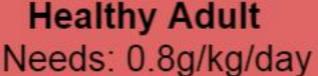


strong bones and immune sytem



start with a calculation: body weight in lbs ÷ 2.2 = weight in kg

Do some quick math



Example: 70kg x 0.8g/kg

= 56 grams of protein/day



Healthy Child

Needs: 1.3g/kg/day

Example: 30kg x 1.3g/kg = 39 grams of protein/day

Kaitlin Roke PhD Candidate







Canadian Nutrition Society Société canadienne de nutrition



Based on 2015 CNS thematic meeting www.cns-scn.ca

