



Proteins

Protein is essential for life. It is an integral part of every cell in the body and is needed to build and maintain skin, muscle, bones and organs. Proteins are also used to make hormones, transports nutrients, act as enzymes, maintain water balance and support immune function through antibodies. In order for your body to build or maintain tissue your food choices must contain essential amino acids, in sufficient amounts. Animal proteins contain all the essential amino acids in proportions needed. Sources of animal proteins are: meat, fish, poultry, eggs, cheese & milk. Animal protein is of significantly higher quality than vegetable protein and is much more easily digested.

Animal protein has the following effects on blood parameters:

- Raises artery-clearing HDL cholesterol
- Lowers triglycerides
- Balances blood sugar and insulin levels

Animal protein does not cause bone loss. Protein does not cause kidney damage in healthy individuals. Lean animal foods are health promoting and do not cause any diseases. As with any calorie containing nutrient, consuming an excess of the body's needs will result in a repackaging process that will become stored fat. The body cannot store extra protein or amino acids for a later use.

Protein from vegetables sources include: lentils, nuts, so and in grains (but in small amounts). Soy protein does not have the protein efficiency ratio (i.e. the protein quality) that animal protein does. The benefit of soy on blood lipids comes from its isoflavones. Isoflavones are a class of phytochemicals, which are compounds found only in plants and appear to protect against hormone-related disorders. However, soy protein is low in methionine (one of the essential amino acids) and not allowed as a sole source of protein for infant formulas because of its low protein efficiency.

Ideal protein consumption may range for 60-150 grams per day in healthy adults. Those with more muscle mass need more protein to maintain their lean muscle tissue. Additionally, anyone restricting calories, under stress or healing from an injury may require more protein.

There is at present no adequate way to determine the ideal protein intake in humans. The best is to experiment and look for functional parameters, including lean muscle mass, energy levels, blood sugar balance and overall well-being. Our formula is .75-1 gram per pound of Fat Free Mass as determined by your health care provider through Total Metabolism Testing.

It is exercise, not dietary protein intake, that increases/maintains muscle tissue, the body can only rebuild muscle during time of rest, from the available amino acid pool during rebuilding.

Ideally, in most diets, protein should compromise about 30% of total calories.

Protein Grams in Foods

Meats

- Red Meat 7-9g per oz.
- Veal 8-9g per oz.

- Pork Loin 9g per oz.

Turkey

- White meat 9.5g per oz.
- Dark meat 9g per oz

Chicken

- White meat 9.5g per oz.
- Dark meat 8.5g per oz.

Fish & Seafood

- Fish 7-9g per oz.
- Shellfish 6-7g per oz.

Eggs

- Whole 6.2g per oz.
- White 3.5g per oz.
- Cheese & Dairy
- Feta 4g per oz.
- Cream cheese 2g per oz.
- Ricotta (1/2c.) 14g per oz.
- Cottage cheese (1/2c.) 14g per oz.
- Milk 8g per cup
- Most cheeses 6-7g per oz.
- Yogurt 12g per 8oz

Soy Products

- Tempeh 6g per oz.
- Miso 3.5g per oz.
- Tofu 5g per oz.
- Soybeans (1/4c.) 14g per oz.

Nuts/Beans/Legumes

- Nuts (1 oz) 4-6g per oz.
- Beans (1/2c.) 6-8g per oz.
- Legumes (1/2c.) 6-8g per oz.

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