

Nutrisoft : www.nutrisoft.xyz

How Much Protein Should I Eat

<h1 style="text-align: center;"> </h1>

<div style="text-align: center;"></div>

<div style="text-align: left;">Protein is a macro-nutrient present in many types of foods, example include beans, lentils, meat, fish etc.. It is vital for life owing to it’s great roles and functions in the body. Anytime your body is growing or repairing itself, protein is very essential and needed. How much protein you need depends on factors like</div>

<h2 style="text-align: left;">Factors Affecting Protein Need</h2>

<div> </div>

<li style="text-align: left;">Age

<li style="text-align: left;">Sex

<li style="text-align: left;">Health Status

<li style="text-align: left;">Activity level

<li style="text-align: left;">Disease condition

<li style="text-align: left;">Nutrient requirements.

<div style="text-align: left;">The body needs a regular supply of protein to make and repair cells and worn out tissues. In addition to muscles which is made up of protein, other body tissues are primarily made from protein, like organs, hair and eyes.</div>

<h2 style="text-align: left;">Roles of Protein in the Body</h2>

<li style="text-align: left;">Fight infection

<li style="text-align: left;">Clot blood

<li style="text-align: left;">Build and contract muscles

<li style="text-align: left;">Keep body fluids in balance

<li style="text-align: left;">Carry fats, vitamins, minerals and oxygen around the body

- <li style="text-align: left;">Producing vital body structures
- <li style="text-align: left;">Contributing to Acid-Base Balance
- <li style="text-align: left;">Forming hormones, enzymes and neurotransmitters
- <li style="text-align: left;">Providing energy

<div style="text-align: left;">Protein can be found in animal based foods and plant based foods. According to the Academy of Nutrition and Dietetics, some sources of protein are considered better choices than others due to their influence on heart health. Eating plans that include low-fat dairy products, skinless poultry, fish, beans, lentils, tofu may help improve blood pressure and cholesterol levels.</div> <div style="text-align: center;">Read: Food high in iron</div> <div style="text-align: left;">Sources Include</div> - <li style="text-align: left;">Beef - <li style="text-align: left;">Pork - <li style="text-align: left;">Skinless chicken - <li style="text-align: left;">Turkey - <li style="text-align: left;">Egg - <li style="text-align: left;">Salmon - <li style="text-align: left;">Tuna - <li style="text-align: left;">Cod - <li style="text-align: left;">Shrimp - <li style="text-align: left;">Yogurt - <li style="text-align: left;">Milk - <li style="text-align: left;">Cheese - <li style="text-align: left;">Cottage cheese - <li style="text-align: left;">Beans - <li style="text-align: left;">Split peas - <li style="text-align: left;">Lentils - <li style="text-align: left;">Soy - <li style="text-align: left;">Walnuts

- <li style="text-align: left;">Almonds
- <li style="text-align: left;">Chia seeds
- <li style="text-align: left;">Pumpkin seeds
- <li style="text-align: left;">Pasta
- <li style="text-align: left;">White rice
- <li style="text-align: left;">Brown rice

<div style="text-align: left;">It is advisable to limit protein foods that are in saturated fats such as fried chicken, hot dogs, organ meats, processed meats, sausage , bacon, whole fat dairy products etc.. This could be high in saturated fat. High intakes of saturated fat may increase risk for heart disease.</div>

<div> </div>

<h3 style="text-align: left;">Getting the Right Amount of Protein</h3>

<div style="text-align: left;">Most healthy individuals should aim for the Recommended Dietary Allowance of protein for their age and sex. Individuals who are very physically active, are pregnant or breast-feeding or who have certain medical conditions may need more protein. Varying your protein choices is also recommended.</div>

<div style="text-align: left;">American MyPlate includes general protein recommendations for individuals ages 2 and above</div>

<div> </div>

<div style="overflow-x: auto;">

<table class="table table-bordered">

<tbody>

<tr>

<td>Age</td>

<td>Sex</td>

<td>Daily Protein Recommendation</td>

</tr>

<tr>

<td>2-3 years</td>

<td>Female and Male</td>

<td>2-ounce equivalents</td>

</tr>

<tr>

<td>4-8 years</td>

<td>Female and Male</td>

```
<td><span style="font-size: 14pt;">4-ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">9-13 years</span></td>
<td><span style="font-size: 14pt;">Female and Male</span></td>
<td><span style="font-size: 14pt;">5-ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">14-18 years</span></td>
<td><span style="font-size: 14pt;">Female</span></td>
<td><span style="font-size: 14pt;">5-ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">14-18 years</span></td>
<td><span style="font-size: 14pt;">Male</span></td>
<td><span style="font-size: 14pt;">6.5 ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">19-30 years</span></td>
<td><span style="font-size: 14pt;">Female</span></td>
<td><span style="font-size: 14pt;">5-ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">19-30 years&nbsp;</span></td>
<td><span style="font-size: 14pt;">Male</span></td>
<td><span style="font-size: 14pt;">6.5 ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">31-50 years</span></td>
<td><span style="font-size: 14pt;">Female</span></td>
<td><span style="font-size: 14pt;">5- ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">31-50 years</span></td>
<td><span style="font-size: 14pt;">Male</span></td>
<td><span style="font-size: 14pt;">6-ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">51 years and older</span></td>
<td><span style="font-size: 14pt;">Female</span></td>
<td><span style="font-size: 14pt;">5-ounce equivalents</span></td>
</tr>
```

```
<tr>
<td><span style="font-size: 14pt;">51 years and older&nbsp;</span></td>
<td><span style="font-size: 14pt;">Male</span></td>
<td><span style="font-size: 14pt;">5.5 ounce equivalents</span></td>
</tr>
</tbody>
</table>
</div>
<div><span style="font-family: 'Times New Roman', serif; font-size: 14pt;">&nbsp;</span></div>
<div style="text-align: left;"><span style="font-family: 'Times New Roman', serif; font-size: 14pt;">&nbsp;</span></div>
<div style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">These recommendations for protein are provided in one-ounce equivalents. One-ounce equivalents of protein foods include:</span></div>
<ul>
<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">One ounce of cooked meat, poultry or fish</span></li>
<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">&frac14; cup cooked beans</span></li>
<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">1 egg</span></li>
<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">1 tablespoon peanut butter</span></li>
<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">&frac12; ounce nuts or seeds</span></li>
</ul>
<div style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">But, most common servings of protein foods include more than one ounce of protein. For example, a piece of meat about the size of a deck of cards, a can of drained tuna, and a small chicken breast half are about three ounce-equivalents of protein each. In addition, whole grain and dairy foods contain protein.
</span></div>
<div><span style="font-family: 'Times New Roman', serif; font-size: 14pt;">&nbsp;</span></div>
<div>&nbsp;</div>
<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;"><span style="font-family: system-ui, -apple-system, 'Segoe UI', Roboto, 'Helvetica Neue', Arial, 'Noto Sans', 'Liberation Sans', sans-serif, 'Apple Color Emoji', 'Segoe UI Emoji', 'Segoe UI Symbol', 'Noto Color Emoji'; font-size: 14pt;">Try Nutrisoft free service</span><br style="font-family: system-ui, -apple-system, 'Segoe UI', Roboto, 'Helvetica Neue', Arial, 'Noto Sans', 'Liberation Sans', sans-serif, 'Apple Color Emoji', 'Segoe UI Emoji', 'Segoe UI Symbol', 'Noto Color Emoji'; font-size: 16px;" /><span style="font-size: 14pt;"><a style="font-family: system-ui, -apple-system, 'Segoe UI', Roboto, 'Helvetica Neue', Arial, 'Noto Sans', 'Liberation Sans', sans-serif, 'Apple Color Emoji', 'Segoe UI Emoji', 'Segoe UI Symbol', 'Noto Color Emoji'; background-color: #ffffff;" href="https://bit.ly/3zoQXOb" target="_blank"
```

rel="noopener">Ask a nutritionist</blockquote>

<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;">Nutrition Calculator</blockquote>

<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;">Normal Laboratory Values</blockquote>

<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;">Medical Abbreviations</blockquote>

<div> </div>

<div> </div>