

# Protein

Protein is a vital nutrient that is essential for healthy body function. Chains of amino acids combine to form a protein and are used to create muscles, blood, skin, hair, nails, and internal organs. Proteins are needed to make antibodies, transport oxygen and nutrients in our blood and cells, replace and form new tissue, and regulate water and acid balance.

## How much Protein should I consume?

The average adult male should have between 50-60 grams of protein a day, while the average adult women should have between 40-50 grams a day. To calculate how much an individual needs take your weight and divide by 2.2, multiply that figure by 0.6-0.8 (depending on one's activity level), if you do not exercise multiply by 0.6 but if you exercise frequently multiply by 0.8. For example: A man who weighs 180 pounds ( $180/2.2=82$ ;  $82 \times 0.6=49$ ;  $82 \times 0.8=65$ ) should have between 49 to 65 grams of protein per day.

## Consuming too much Protein:

Although not getting enough protein can cause detrimental health effects consuming too much can as well. In the United States, the average American consumes twice the amount of protein recommended. Typically, the high-protein animal foods that are being consumed are high in saturated fat. Excessive consumption of protein; especially this type of animal protein can result in heart disease, diabetes, stroke, osteoporosis, several types of cancer, kidney and liver disorders, and kidney stones.



## **Warning for High-Protein Diets:**

In addition to most Americans consuming more than enough protein, high-protein diets typically demote high-carbohydrate and high-fiber plant foods. High-protein diets do not provide some of the essential vitamins, minerals, fiber, and other nutritional elements essential to the body. These foods help lower cholesterol when eaten as part of a nutritionally-balanced diet. According to the American Heart Association; a diet that includes fruits, vegetables, nonfat dairy products and whole grains has been shown to reduce blood pressure.

A healthy diet that includes a variety of foods and is rich in fresh fruits and vegetables, along with regular physical activity, can help most people manage and maintain weight loss for both cardiovascular health and appearance. If you have concerns about successful weight loss, please visit the Health Center website at [www.csuchico.edu/shs](http://www.csuchico.edu/shs) to make an appointment with a nutritionist.

## **Healthy, lean Proteins:**

- **Chicken or turkey breast** with skin removed
- **Egg whites**
- **Fish Fillet**, including flounder, sole, scrod, cod, tuna
- **Non-fat cottage cheese**
- **Greek yogurt**
- **Beans**, including black beans, kidney, chick peas, and lentils.

Written by Alex Ireland

For more information please visit the American Heart Association website.

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