

Gotta Get That Protein, Bro!

Protein is essential for muscle growth and recovery

- Those that eat more protein tend to be more successful at losing weight. Why?
 - Protein promotes lean body mass. Muscle is more efficient at burning fat
 - protein requires more energy to digest and absorb. We burn MORE calories (about 90 a day) by taking in more protein

The Science of Protein: Tiny building blocks called amino acids make protein. There are 20 amino acids. Some of these are naturally produced in the body, while others must be consumed through food.

Non-essential amino acids: your body makes these on its own, so it is not essential to eat them everyday. There are 11 non-essential amino acids.

Essential amino acids are NOT made in the body, so we must eat them. There are 9 essential amino acids.

Protein recommendations: 0.8 grams/kg body weight, finding that closer to 1.2 grams/kg body weight may be more helpful with building muscle and losing weight.

Warren County
Health District



Public Health
Prevent. Promote. Protect.

Bonus: branched-chain amino acids (BCAAs): These are essential protein with branched structures. They are leucine, isoleucine, and valine. of the three, leucine has been linked to being the most important for building muscle mass and for performance.

Sources High in Protein:

**Lean cuts listed

- Meat
 - Lean cuts of beef
 - Filet mignon
 - Sirloin
 - Top/bottom round
 - Lamb
 - Pork (pork tenderloin)
- Poultry
 - Chicken
 - Turkey
 - Duck
 - Eggs
- Fish
 - Anchovy
 - Bass
 - Catfish
 - Flounder
 - Grouper
 - Haddock
 - Mackerel
 - Mahi mahi
 - Salmon (wild)
 - Sardines
 - Snapper
 - Trout
 - Tuna



Seafood:

- Shrimp
- Mussels, clams, scallops
- Crab, lobster
- Calamari (not deep-fried)

- Game Meats
 - Bison
 - Elk
 - Rabbit
 - Pheasant
 - Venison (deer meat)
- Dairy: choose plain!
 - Milk
 - Yogurt (Greek is best)
 - Cottage cheese
 - Kefir
- Plant Proteins
 - Lentils
 - Beans
 - Hummus
 - Tofu, natoo
 - Vegetarian protein powders

