Allina Health

Welcome to our Evening Education Series

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Tonight's Topic: Protein

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What is protein?

Essential Amino Acids + Non-Essential Amino Acids = Protein

Must be obtained via diet

Can be made by our own body

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Complete vs Incomplete Protein sources

Complete protein includes all 9 essential amino acids

- All animal products
- A few plant-based foods such as soybeans, hempseed, and buckwheat

Incomplete proteins are missing at least 1 essential amino acid

- Beans + Rice → Complete protein

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Protein Sources

Meat, Poultry, Fish, Pork	Eggs	Dairy Products
Nuts and Seeds	Beans and legumes	Soy products

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Why is eating enough protein important?

- Promotes quick and effective healing
- Maintains muscle mass during weight loss
- Building muscle mass
- Hormone regulation
- Promotes healthy hair, skin and nails
- Feeling full and staying full all day
- Improves blood sugar regulation
- Strengthens your immune system

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How much do you need?

- Individually specific
- Consistent intake from day to day is important
- Your needs can be different based on your goals or medical situation
  - Injury healing
  - Muscle growth
  - Chronic conditions such as kidney disease
  - Surgical history
  - Pregnancy
  - Age

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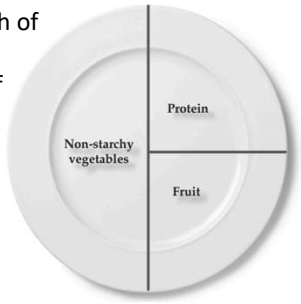
How to meet your protein goal daily

- Include protein at each of your meals
- 3 meals + 1-2 snacks if needed
- Supplements can help reach your goal
- Food tracking



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Protein portion sizes

Animal Sources	Plant Sources	Protein Supplements
3-4 ounces	Check label	Check label
Deck of cards		

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount Per Serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	6%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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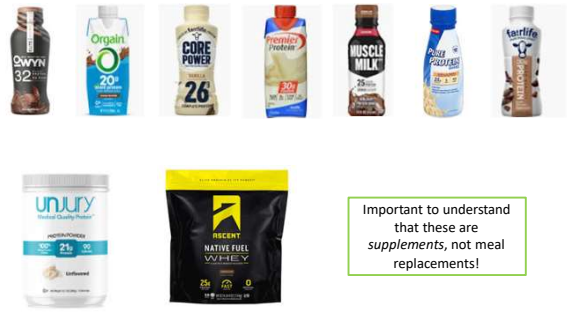
Protein Supplements



Important to understand that these are *supplements*, not meal replacements!

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Protein Myths

Protein will make you gain weight
- In fact, inadequate protein in your diet can hinder weight loss

Protein will make you get bigger muscles
- ONLY if it is accompanied by resistance training

Protein shakes immediately after a workout are necessary
- Research suggests that adequate protein cummulatively throughout your day is enough for muscle growth

Eating only protein will speed up weight loss
- Including protein in your meal alongside fruits, veggies, and whole grain carbohydrates improves protein absorption

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Questions?

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