





Alloy Nutrition

Protein

Protein. You've heard of it. You know it's important, but why? And how much should you have each day? Look, we know a lot of information gets thrown at you, so we are here to help. Remember the acronym KISS? It stands for Keep It Simple, Silly (we like to stay positive). The same theory applies when considering how much protein to consume each day, as well as how to use protein to help you reach your goals.

For those of you that haven't seen the inside of a classroom for a while, here is a quick refresher. It's made up of amino acids and it is essential for life. This macronutrient is crucial for building and maintaining muscle mass. It also increases satiety. That's a fancy way of saying that you feel full more quickly, which means you're less likely to overindulge.

Ok, great, but how much should I eat each day? And what should I eat? Look down at your palm. Go ahead. We'll wait. Now use that a basis for measurement. When eating (assuming you eat 3-4 meals/day), women should aim for at least one big handful at each meal. Men should aim for two big handfuls. As a handy reminder, use the box to the right for sources of protein.

For active individuals, we recommend a minimum of .8 to 1 grams of protein per pound of body weight. So, if you weigh 200 pounds, then you would consume 160 to 200g of protein daily. Remember, good habits lead to good results. Just start small and go from there. We got you!

Easy Ways To Get More Protein In Your Diet

- *Lean Beef*
- *Turkey*
- *Fish*
- *Eggs/Egg Whites*
- *Chicken*
- *Greek Yogurt*
- *Cottage Cheese*
- *Beans/Peas/Lentils*
- *Tofu*