

Protein

Most people in the US get enough protein without supplementing. However, there are certain groups of people that may benefit from supplementing with additional protein.

High protein intakes can be effective for:

- Improving performance and recovery for athletes.
- Weight loss.
- Stabilizing blood sugar.
- Helping with tissue regeneration in people with injuries or chronic illness.
- Improving stress tolerance and “adrenal fatigue.”

Sometimes simply increasing your intake of animal products like meat, fish, eggs, and dairy is enough to meet your protein needs. However, in some cases this isn't a viable option. For example, you might have trouble digesting too much meat, or maybe you simply don't want to eat animal products three times a day.

Unfortunately, plants are much lower in protein, and the protein they do contain is much less bioavailable than animal protein. See chart for bioavailability.

Whey protein powder is one of the most popular ways to supplement with protein, and can be a great option. For some though, whey can cause bloating or gas in those sensitive to dairy.

PROTEIN MATH

Your body weight: _____/2= _____

This is your maximum protein goal.

Aim for 3 – 20gram meals and 1- 10gram snack.

(That's 4-6oz per meal, 1-2 oz snack)

TIPS

-Consume protein throughout the day, your body does not utilize more than 30g of protein at one time.

-Muscles build at rest – make sure to take at least 1 rest day per week and 8 hrs/night.

-More is not always better... protein builds in the fire of carbohydrate.

-Drink more water! For every gram of muscle built, we need 3 grams of water.

-Burning protein as fuel creates nitrogenous waste, increasing water loss via mandatory urinary excretion, and increasing risk for dehydration.

5 Recovery Snack Ideas:

- Snack mix: Dried or fresh apricots/blueberries, nuts/seeds
- Greek yogurt parfait with fruit
- Glass of dairy or soy milk and fresh fruit
- Piece of fruit + nut butter
- 1 oz beef jerky + fruit

5 Recovery Meal Ideas:

- Whole grain/sourdough toast, eggs and fruit.
- Oatmeal with added nut butter, apples and raisins and tall glass of raw milk.
- Stir-fry with rice, chicken and veggies.
- Bran muffin and smoothie made with greens, banana and protein powder.
- Wrap with black beans, grated cheese, peppers, onions, salsa and avocado.

Sources of Concentrated Protein

-1 biological ounce provides 7 grams-

-Aim for 3-4 oz cooked meat or ~20-30g per meal, 7-10g/snack

Eggs – 2-3 whole

Wild Fish or Shellfish – 3 oz cooked, ¾ cup canned

Poultry (Chicken/Turkey/Duck) – 3 oz cooked

Lamb or goat (bone-in, any cut) ↓

Beef (bone-in, any cut) ↓

Pork (bone-in, lean cuts such as chops & tenderloin)

Game Meat: Bison (Buffalo)/Venison (Deer)/Elk

Cottage, ricotta cheese - ½ cup (cultured)

Greek yogurt - 6 oz, ⅔ cup

2% or whole cow's milk, 1 cup

Tofu - 6 oz raw, 4 oz cooked

Tempeh (1 cup), Edamame (2 cup)

Hard cheeses (Cheddar, Jacks, Swiss, etc), 1 oz, 1 slice

Soft cheeses (Mozzarella, Chevre, Brie, etc), 1 oz

Yogurt or kefir, plain – 1 cup (Greek, see above)

GOALS for RECOVERY

Eating for recovery should take place between 15 and 60 minutes immediately following exercise. This is the greatest window of opportunity to replace “muscle fuel” or glycogen and begin repairing damaged muscle tissue. The optimal snack (or meal) should include:

- Fluids and electrolytes (like sodium and potassium) lost as sweat
- Carbohydrates to replace liver and muscle glycogen
- Protein to aid in repair of damaged muscle tissue and to stimulate new muscle growth

Eating high-fat or high-fiber foods immediately after exercise can cause GI distress and slow digestion, inhibiting proteins and carbohydrates from reaching muscles and aiding in their recovery.

What do you get in a day?

Breakfast:

Lunch:

Dinner:

Snacks:

The nutrient density and bioavailability of foods

The table below ranks foods according to their nutrient density and bioavailability.

HIGH	MEDIUM	LOW
Organ meat	Whole grains*	Refined grains (ie: bread, pasta, crackers, etc)
Meat, wild game and poultry	Legumes*	Sugar
Fish and shellfish	Plant fats and oils**	Industrial seed oils
Eggs	Animal fats and oils**	Processed food and snacks
Fruits	Dairy products	Sugar-sweetened beverages
Vegetables	Natural sweeteners	Artificial ingredients
Nuts & seeds*		Alcohol
Herbs & spices		

* Whole grains, legumes, and nuts and seeds contain substances called “nutrient inhibitors” that impair the absorption of some of the nutrients they contain.

** Plant and animal fats are relatively low in nutrients, but they play other crucial roles, including helping us to absorb the nutrients in other foods.

Quality over Quantity

- Look for organic, grass- or range-fed, antibiotic- and hormone-free poultry, eggs and meat
- Look for small, wild or sustainably raised, low-mercury, cold-water fish
- Choose organic eggs from pasture-raised chickens
- Choose non-GMO, organic whole food based soy like tofu or tempeh

Complementary Food Combinations

Table 6.2

Complementary Food Combinations—Turning Incomplete Proteins into Complete Proteins

Food	Limiting Amino Acid	Foods High in Limiting Amino Acid	Complementary Food Combination
Legumes	Methionine and cysteine	Grains, nuts, and seeds	Rice and lentils Red beans and rice Rice and black-eyed peas Hummus (garbanzo beans and sesame seeds)
Grains	Lysine	Legumes	Peanut butter and bread Barley and lentil soup Corn tortilla and beans
Vegetables	Lysine, methionine, cysteine	Legumes (lysine); grains, nuts, and seeds (methionine and cysteine)	Tofu and broccoli with almonds Spinach salad with pine nuts and kidney beans



Darci Barman, MSN, RDN, LD
www.pilgrimswellnessclinic.com

1310 N 4th Street, Coeur d'Alene, ID 83814
Ph: 208.676.0400 Fax: 775.587.7671

WHAT CAN A REGISTERED DIETITIAN DO FOR THE ATHLETE IN YOU?

- Increase endurance by fueling for the long-haul
- Increase speed by fueling for muscle growth and recovery
- Test for micronutrient deficiencies that may be throwing off ability to perform at your highest capacity
- Help you choose foods that are best for YOUR training goals
- Identify any food allergies, intolerances or sensitivities that may be taking valuable energy and resources away from your training
- Learn to eat foods that are right for you, your body and your sport of choice
- Get advice and direction on the right supplementation plan for you
- Run a Body Composition Analysis
- Grocery shop like an athlete! Take a store tour to learn how to navigate the confusing World of food
- Meal plan and great grocery lists
- Learn how to take whole-foods and turn them into simple, easy meals!
- Embrace “food-as-medicine” and give everyday foods a new purpose!

“The food you eat can be either the most powerful form of medicine or, the slowest form of poison” – Ann Wigmore

COME CHECK US OUT!



1310 N 4th St, Coeur d'Alene, ID 83814
(208) 676-0400

INSIDE PILGRIM'S MARKET

LIKE US ON FACEBOOK
for upcoming events, classes & lectures!

www.PilgrimsWellnessClinic.com

For nutritious and delicious recipes:
www.darcibarman.com

NOW OFFERING
MICRONUTRIENT TESTING!



Are you getting everything you need?

