FAST FACTS

Quality protein consumption

The building blocks for your body

Protein is essential for virtually every one of our body's cellular functions. There's much more to protein than merely muscle. We need protein for the metabolic function, structure, growth, repair and support of all tissues and organs.

- Protein is important for neurotransmitters which are responsible for mood and sleep
- Every cell in our body is full of enzymes, which are proteins that control metabolism
- Bones, ligaments, tendons, liver, brain, skin, and fingernails are all built from proteins

To truly understand protein, we must first understand that proteins are built from amino acids, which are the foundation of how we will build our diet.

By getting your protein intake correct, you will get your amino acid requirements correct.

There are 20 amino acids:

- 11 our body can synthesise, called non-essential
- 9 that cannot be made by the body and must be eaten, called essential

Some sources of protein have more and/or a better balance of the individual amino acids than others. A food is considered a complete protein when it contains all nine essential amino acids that our body can't produce on its own. Complete protein sources are only found in animal foods. However it is possible to mix-n-match plant based foods to ensure all your essential protein needs are met.

Examples of protein sources

- 100g beef (about a large fist size): 32g protein
- 1/2 a chicken breast: 25g protein
- 85g salmon (about one thin fillet): 19g protein
- 1 egg: 6g protein (egg white is protein)
- 3 heaped tbs hemp seeds: 20g protein
- 100g organic tempeh or tofu: 13g protein
- 1 cup quinoa: 8g protein
- 1/4 cup almonds: 6g protein
- 1 cup chopped broccoli: 3g protein

How much per day?

1 gram of protein per 1kg of body weight

- This is a guide only. Your test results, health goals and lifestyle habits may mean adjustment is required
- Remember that the weight of food includes water, fat and fibre
- Become familiar with understanding the approx. % of protein in various foods

Considerations

For individuals who need to limit their fat intake because of genetics, high cholesterol or heart disease, choosing lean proteins is important. Select proteins which contain little-to-no saturated fat.

It is strongly advised to purchase organic, non-GMO products for all protein sources to avoid herbicides, pesticides, and other chemicals. Reducing exposure to these chemicals is important for many aspects of health.

Have a small amount of protein with every meal and snack to help regulate blood sugar and promote the feeling of fullness.

For personalised protein recommendations, talk to your functional medicine practitioner.