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Dietary Protein

Protein is one of the most important fuel sources we need to survive and thrive. We must consume protein because our body cannot make it on its own. Each macronutrient (fat, protein, carbohydrate) has different functions in the body & they each impact blood sugar & satiety (fullness) differently. When we consume fat & especially protein, we have hormones that respond to their ingestion, providing a feeling of fullness thus, consuming enough protein is especially important for satiety. Consumption of protein also helps to stabilize blood sugar.

How Much? Most of us need at least 1g of protein per kg of body weight to survive and many of us THRIVE on closer to 2+ g/kg or 1g per pound of body weight (up to 150 pounds).

Proteins are made up of smaller units, called amino acids. There are 9 essential amino acids that must come from food. Complete proteins contain all of the amino acids our body needs (meat, fish, poultry, dairy). Foods that are lacking or are very low in one or more essential amino acids are considered incomplete proteins (nuts, seeds, whole grains, vegetables, legumes, lentils, peas, beans). Our body can assemble incomplete proteins into complete ones.

Dietary Protein provides the following **functions** in the body:

- Provide satiety & fullness
- Build & repair tissues, required for tissue growth
- Allow key chemical reactions to take place (enzymes)
- Make up hormones
- Transmit info between cells, tissues & organs
- Provide cells & tissues with stiffness & rigidity
- Regulate the concentration of acids & bases
- Maintain fluid balance between our blood & the surrounding tissues
- Form antibodies to protect our body from foreign invaders
- Transport (and store) nutrients throughout our entire body
- Serve as a valuable energy source
- Are the building blocks of life & are vital for proper muscle & bone development

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The end goal is to have the most optimal health and the least restrictive diet possible. Try to consume a large variety of real foods. Variety will help to ensure a healthy and robust microbiome of necessary and diverse microbes. We really are what we eat, choose wisely. Everyone's macronutrient needs are different and even the same person's can change within the month, especially women due to their cycles (week 2 double up on protein).

The Best Protein Sources

Pasture raised eggs, wild caught fish, sustainably raised beef, pork, bison, lamb, chicken, turkey, wild game (deer, duck, elk, etc.), bone broth, collagen peptides, and clean protein powders.

Other Good Protein Sources

Veggies high in protein
Organic quinoa (sprouted best)
Organic beans/legumes (soaked before cooking)
Organic nuts & seeds (sprouted is best)

What does it look like to get enough daily protein?

1 ounce of protein = ~ 7 grams
Most people do best with 6 - 9 ounces or 40 - 50 grams per meal, depending on how many meals you usually eat per day.

Example Servings

Most protein shakes have around 20 grams per serving/scoop
Eggs have 6-7 grams per egg
2 slices deli meat has about 10 grams
3 oz of meat has about 20 grams (size of deck of cards)
2 scoops collagen peptides has 20 grams
Nut butter have about 7 grams in 2 TBSP
Nuts/seeds have 6-8 grams in 1/4 cup