



EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Post-Exercise Protein Propaganda

You might be thinking: There is no *why* I could be consuming “too much” protein. While muscles are made up of protein (specifically amino acids), replenishing the body with excessive amounts is not the best way to increase muscle mass. Read below to uncover the truth behind the post-exercise protein propaganda.

Protein is a nutrient that is essential for cell growth and repair.

Most Americans get enough protein through the diet but shifting the sources to include plant-based and lean proteins more often is recommended as part of a healthful diet.



Proper Protein Portions

- Muscle growth is a complex process that relies on adequate consumption of protein, carbs, and calories in junction with an appropriate strength-training program.
- **Consuming additional protein beyond the requirements for general health does not build additional muscle.**
- Excess protein intake is first burned for fuel for exercising muscles, then stored as glycogen or fat. Overtime this storage of extra protein calories may lead to weight gain as unwanted fat.
- Protein supports the efforts of exercise best when consumed in meals and snacks **throughout** the day.
- **Keep in mind: you can meet your protein needs with food alone!** Therefore, powders, shakes, and other supplements may not be necessary.

Pro[tein] Tips

- The average person needs about 7 grams of protein per 20 pounds of body weight per day.
- Athletes have slightly greater protein needs but are rarely deficient.
- Aim for around 20-25 grams of protein in each main meal spread out by 3 hours between meals.

Food	Serving Size	Grams of Protein
Chicken breast, cooked	3 ounces	24 g
Fish, salmon, cooked	3 ounces	21 g
Greek yogurt	1 cup	18-22 g
Tofu, firm	½ cup	8-11 g
Beans	½ cup	7-9 g
Peanut/nut butters	2 tablespoons	7-8 g
Nuts	1 ounce	3-6 g

I Got 99 Problems and Protein Ain't One

Authored By: Tiffany Chen

Reviewed By: Dr. Jaclyn M. Abbot, PhD, RDN

References: *How Teen Athletes Can Build Muscle with Protein* <https://www.eatright.org/fitness/sports-and-performance/fueling-your-workout/how-teen-athletes-can-build-muscles-with-protein> Accessed 2/18/21 *Protein and the Athlete – How Much Do You Need?*

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