



Is Protein Supplementation Necessary?

Although protein powders may be a convenient on-the-go fix for college students, protein supplements are *not* recommended as a replacement of protein from food sources. Protein supplementation is not necessary if you have access to a diet that is healthy and contains adequate nutrients. For those who are trying to build muscle, supplementation may be acceptable if it does not exceed your adequate daily protein intake.

What is the Adequate Daily Protein Intake?

- **Females** (between the ages of 19-30): 46 grams* of protein
- **Males** (between the ages of 19-30): 56 grams* of protein
- **Muscle building:** 1.0 grams of protein per kilogram of body weight.

*based on 0.8 grams of protein per kilogram of body weight

Protein is an essential component that is part of a well-balanced diet. When consuming an adequate amount of protein from food sources in one's daily diet, it is not necessary to consume additional protein with protein supplements.

Examples of Protein Content in Common Foods:

Food Item	Amount of Protein
8oz Milk	8 grams
1 Egg	7 grams
1 Tbsp Peanut Butter	4.5 grams
3 oz Meat, Fish, Poultry or Cheese	21 grams
½ Cup Grains	3 grams

Examples of Protein Content in Supplements:

Type of Protein Supplement	Amount of Protein
Lean Protein Powder	15-24 grams
Regular Protein Powder	25-36-grams
Muscle Gainer Protein Powder	37-55+ grams

Comparing the grams of protein in common foods and protein supplements, it is easy to see how protein could be consumed in excess when supplements are used. Ideally, protein should be consumed primarily through food sources to meet your adequate daily protein intake, with unmet needs provided by protein supplement products.

Take Home Message:

Excessive protein intake is *not* beneficial. In fact, excessive intake can cause:

- weight gain
- dehydration
- kidney problems
- nutrient deficiencies

Excess protein consumption gets excreted in the urine so it is not beneficial. Protein should be consumed as a dietary food source first, and if adequate amounts cannot be consumed, then protein supplementation may be acceptable.



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