



PROTEIN

How much should I eat?

livingalignedhealthcoach.wordpress.com or livingalignedhc@gmail.com



Protein – How much should I eat?

Considered the building blocks for all living tissue in the body, protein is comprised of nitrogen, carbon, hydrogen, and oxygen molecules. Optimal dietary protein intake is an item of some dispute by experts, but it's generally agreed that a certain amount of diet should be allocated to protein to provide for daily metabolic needs while preserving lean muscle mass.

The Primal Blueprint's new recommendation, of which I closely follow, is to consume;

- *.5 grams per pound (1.1 grams per kilogram)* of lean body mass per day on average. This recommendation accounts for the basal metabolic rate per day to sustain lean mass, repair and rebuild cells or enzymes, and sustain healthy organ function. Increasing protein needs based on activity level might be overstated, and that there are health risks to consuming excess protein.
([BMR calculator](#))

The body can handle substantially more, or substantially less, protein intake than the recommended range from time to time without problem, but a pattern of excess protein consumption beyond a body's requirements to maintain normal metabolic function can become an issue.

Unfortunately, high-protein, low-fat, low-carb diets have become very common, and are often recommended for muscle growth and weight management. As awareness increases about carbohydrates causing fat gain, while at the same time conventional wisdom continues to preach that fat is fattening and unhealthy, people are cutting both

What is Gluconeogenesis?

(The process of synthesis of glucose or glycogen from non-carbohydrate sources)

Gluconeogenesis happens as needed. Our livers don't produce glucose anytime protein reaches a certain threshold. Our livers convert protein into glucose when more glucose is needed. Keto-adapted people running most of their brains needs on ketones and most of their muscle on fatty acids (which spares ketones for the brain) don't demand a whole lot of glucose. In a study published by the American Diabetes Association, it was shown, giving a group of adults who were in a fasted state a significant amount of trackable protein (radio-labeled), they converted very little protein into glucose (Ref.)

How Much Protein Can You Eat and Still Remain Keto?

It depends on your goals and requirements.

- If you're dealing with serious epilepsy, creeping dementia, general inflammation, or anything else that requires or may improve with deep ketosis, aim for a lower protein content (10-15% of calories).
- If you're losing weight (or trying to), eat closer to 15-20%. How you look, feel, and perform is your main concern. Eating slightly more protein will increase satiety, making "eating less" a thing that just happens. It will also likely reduce the loss of lean mass, that can occur during weight loss. You are more likely to lose body fat, not muscle.
- If you're trying to gain large amounts of muscle, eat closer to 20-25%.



Why you shouldn't over-restrict protein

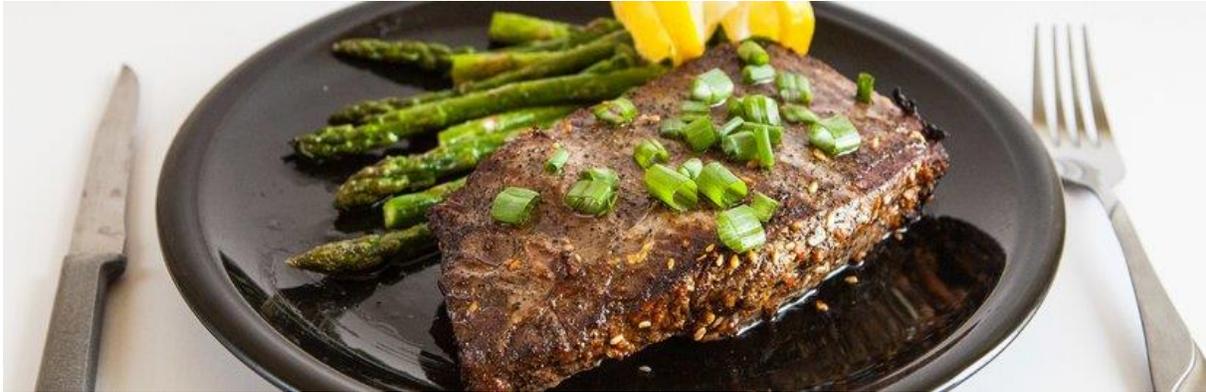
Protein cannot be made, we must eat it! Don't go below 15% of your calories unless you *absolutely* need to, and make sure to consult your doctor first. Protein is an essential macronutrient. We have lots of Fat even when we are lean. Carbs can be produced from protein if we need them, that is, if we aren't providing energy requirements from ketones or fats.

If we stop eating dietary fat, we'll burn what we have on our bodies

If we stop eating carbs, we'll burn through our glycogen stores and then get better at burning fat.

...But, if we stop eating protein, our organs, muscles, and bones will atrophy. Our health will suffer.

Another reason it's so important (and so satiating) is that protein contains the most micronutrients. The B vitamins (Ref.) and a significant amount of required minerals come from protein.



Last points on protein consumption

- Protein is a vital macronutrient.
- It doesn't need to be over consumed, but you better have a good reason, if you are seriously restricting your protein intake and be under the guidance of a - doctor.
- You don't need to restrict protein below the recommendations above to achieve ketosis. One study showed that weight loss and ketosis occurred even with protein levels as high as 30%, on a low carb diet (Ref.)
- Cravings for a natural food can usually be trusted.
- Don't get too concerned about the numbers or to an idea. Always make dietary decisions based on verifiable data.
- Do what works for you. Don't do what doesn't work, even if someone said it should. Listen to your body and monitor how you feel.

References:

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<https://www.marksdailyapple.com/how-much-protein-on-keto/>

<https://www.doctoroz.com/slideshow/surprising-sources-protein>

Tools:

<https://www.active.com/fitness/calculators/calories>

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Thank you for taking the time read this post. If you find any of the information valuable and would like to find out more information regarding the benefits a health coach can provide, or if you are interested in setting up a consultation. Contact Vern Gorman at livingalignedhc@gmail.com or through the website www.livingalignedhealthcoach.com

