



PROTEIN

REAL FOOD RESCUE

Guide to Protein

We've all heard of the meathead at the gym taking his protein powder right after his "swole" session but do we know why he does this? To get all the gains of course! Well, we do NOT recommend protein powders to fuel your real food life but we do recommend you get adequate protein from your diet to ensure you are fueled for success. Let's take a look at what protein is and how we can use it to fuel ourselves during The Real Food Rescue and beyond.

What is protein?

Proteins are made up of amino acids that make up the majority of the structure of all humans and animals. That means they are REALLY important. Protein plays a role in structural components of the body (think skin, nails, hair, muscle, etc.) as well as enzymes (including digestive enzymes), hormones, transporting of nutrients and much more. There are many amino acids that the body can make but there are 9 "essential" amino acids that the body cannot make and thus we rely on our diets to provide us with them.

How much do we need?

The average American is only consuming about 15% of their calories from protein. This is because we have relied on a carbohydrate heavy diet (upwards of 55% of calories) and thus have no room left for protein and fat. A diet that consists of 20-30% protein may be more ideal for most. Note that if you have a chronic kidney disorder you should consult with a doctor and a dietitian/nutritionist before upping your protein intake as you may not be able to tolerate that much protein. A high protein diet will not cause a kidney disorder but it may exacerbate one that is already in existence.

That being said, for those that do not have a kidney disorder and are generally healthy, we recommend about 0.8-1.0 grams of protein per pound (lb) body weight or 20-30% of your calories from good quality protein. Aim for the higher end if you are in a more stressed state, if you workout a lot or if you have a chronic illness. Consult with a member of The Real Food Rescue Crew for a more individualized recommendation.

How should we get protein?

You should get your protein allotment from your diet via REAL FOOD of course. Here at The Real Food Rescue Crew recommend you obtain your protein from animal sources. They are the most bioavailable to your body, meaning your body knows what to do with it and can help fuel your body.

We recommend you focus on the quality of your protein as well. Not all animals are raised equally and an animal that lives a poor quality life will not be high in nutrients and in turn may be high in toxins. We mention food quality in our program guide and recommend you



check that out to ensure that you focus on the best quality protein that you can afford. Remember if you spend money on your health now you can spend less on your sickness later. You are worth it.

Best sources of protein: meat, poultry, wild game, fish, eggs, nuts & seeds, etc.

What about protein powders?

No! Protein powders are good for extreme circumstances. A normal human being can obtain all their protein needs from animal sources that are found in nature. The only time protein powders may be helpful are when one is unable to chew/swallow appropriately or if one needs to gain weight and is unable to consume enough calories throughout their day. Consult a member of The Real Food Rescue Crew if you fall into one of these categories. Otherwise, we recommend you eat a whole real food protein source at every meal.

Takeaways:

- Consume about 20-30% of your calories from protein
- Eat an animal source of protein at every meal
- Keep in mind the quality of your protein when shopping and stay away from protein powders

