

PROTIEN



Important fact

Our body requires 20 proteins in order to function correctly. 11 of these proteins our body makes, and 9 of them we can only get from food. If protein in the diet is ignored your health will be negatively affected

Protein and calories

Proteins are less calorie dense per gram than fat. This means, that for every **1g** of protein you consume, that equates to **4 calories**

Thermogenic effect

The thermogenic effect of food is the amount of energy (calories) it takes your body to digest the food you've eaten

For protein its thermogenic effect is between 20-30%

This means if you consume 100 calories of protein you will use 20-30 calories to digest the protein

Animal Protein

This form of protein, particularly for those strength or cardio training, tends to serve a more convenient source of protein. This is because animal protein per gram tends to have higher quantities of these essential proteins

However, due to limitations in various diets sometimes this is not an option and other forms of protein are required

Examples: fish, beef, chicken, egg,

Plant Protein

Plant protein in contrary to animal, tends to have significantly lower levels of essential proteins. This means you generally have to eat a lot more food to get that same protein, and your food sources are more limited

However, there are plenty of example of vegan athletes who have no issues performing at the highest level whilst eating this form of protein

Examples: tofu, quorn, lentils, nuts

There is no right or wrong type, you just need to pick what will be least restrictive and most convenient for you