

# The Benefits of Protein: Powering Your Body

## Why Protein Matters

- **Essentials for Growth:** Helps in the development and repair of muscles, tissues, and organs.
- **Boosts Metabolism:** Increases metabolic rate and promotes fat loss.
- **Regulates Hormones:** Crucial for the production of enzymes and hormones.
- **Supports Immune System:** Enhances the body's defense mechanisms.

## Daily Intake Recommendations

- **Adults:** 46-56 grams per day depending on gender and activity level.
- **Athletes:** Higher intake to support muscle repair and growth.

## Protein and Weight Management

- **Satiety:** Protein-rich food keep you feeling full longer, reducing overall calorie intake.
- **Lean Muscle Mass:** Helps in preserving lean muscle mass while losing weight.



## Fun Protein Facts

- **Egg power:** One large egg has about 6 grams of protein and contains all nine essential amino acids.
- **Quinoa Marvel:** Quinoa is a complete protein, containing all the essential amino acids, making it a powerhouse for vegetarians.

## Sources of Protein

- **Animal-based:** Chicken, fish, beef, eggs, dairy products.
- **Plant-Based:** Lentils, beans, tofu, nuts, seeds.



## Quick Protein Snacks

- Greek yogurt with berries.
- Handful of almonds or mixed nuts.
- Protein smoothie with spinach and banana.

## Protein in Physical Performance

- **Muscle Repair:** Critical for repairing muscle fibers post-exercise.
- **Endurance:** Sustains energy levels during prolonged physical activities.

