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Protein and Supplements

Utah State University Extension

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What About Protein?

You may have heard that since you are an athlete or body builder, you need a lot more protein. This is not the case.

You only need about 12-15% of your calories from protein. For example, if you eat 2500 calories, then you need 75 to 94 grams of protein per day. Some of the functions of protein are to build and repair tissues, to transport nutrients, and to make your muscles contract.

- * Non-athletes need about 0.8 gram of protein per kilogram of body weight. To determine weight in kilograms, divide your weight in pounds by 2.2. For example 160 lbs. is 73 kilograms (73 kg x 0.8 = 58 grams of protein per day).
- * Athletes, and even weight lifters need 0.8 to 1 gram of protein per kilogram of body weight.
- * Extra protein or protein supplements do not build more muscle. Working the muscle is the key!
- * Most athletes and non-athletes get enough protein in their daily diet.
- * If you eat more protein than your body needs, it's converted into body fat if you consume more calories than your body needs. In some cases it can be used for energy, but this is expensive fuel. Carbohydrates are a better fuel to use for energy.



The Truth About Supplements...

Supplements are a big business today. Companies try to promote their products with catchy ads and famous athletes. It is important to look at where the information is coming from. Many people are out to make money, selling worthless products. You can get all the vitamins and minerals your body needs from eating a variety of foods. Here are some tips on supplements:

- Question "claims". If there is no scientific data, steer clear.
- Watch out for claims of quick and easy results. Nothing happens without some effort.
- Vitamins and minerals do not give you energy or build muscle.
- More of something doesn't mean it is better!
- If you do choose a supplement, read the label. Look for vitamin and mineral supplements that contain no more than 100% of the RDAs.

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Granola

Serves 10

4 cups rolled oats
1/2 cup brown sugar
1/4 cup canola oil
1/4 cup water
Optional: 1 cup raisins, chopped
dates, dried apricots, 1/2 cup sunflower seeds

Preheat oven to 300°. In a large bowl, combine the oats and sugar. Combine the water and oil. Mix liquid with dry ingredients. Spread in a large baking pan. Bake for 10 minutes and stir. Bake for another 10 minutes. While mixture is hot, stir in the additional ingredients. Let cool. Store in an airtight container.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 10

Amount Per Serving
Calories 200 Calories from Fat 88

% Daily Value

Total Fat 8g 12%

Saturated Fat 1g 3%

Cholesterol 0mg 0%

Sodium 4g 0%

Total Carbohydrate 22g 7%

Dietary Fiber 3g 12%

Sugars 6.5g

Protein 5g

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 17%

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