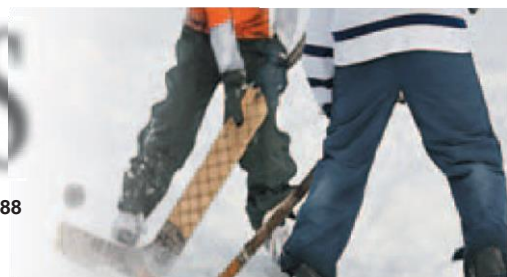


# SPORTS

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## Get your protein from food



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Recently CBC's Marketplace and the fifth estate reported that some popular protein supplements may contain protein fillers rather than the amount of protein they claim on the label.

It is called protein spiking and companies will use something that looks like protein making the supplement cheaper for the company to produce.

Protein supplements sales have increased over the years and they are often marketed to those wanting to get in shape or take their training to the next level.

As a dietitian one of the first questions young athletes or parents will ask me is "should I be on a protein supplement"? My response is always "well let's take a look at what you are eating throughout the day".

Most people, including athletes can get enough protein from the foods they eat on a regular basis in their diet.

In fact research supports that there is no additional benefit from taking a protein supplement if you are getting enough protein and calories from your diet to support your training needs.

One of the most important factors in getting enough protein in your diet is knowing what foods contain protein.

I am always surprised to hear an athlete talking about how much protein is in their supplement but not being able to say what foods contain protein.

Good food sources of protein include meats such as beef, pork, chicken, turkey and fish. Seventy-five grams or half a cup of beef, chicken or fish provides 20 to 23 grams of protein.

There is also protein in meat alternatives such as eggs, beans, lentils, Tofu, peanut or nut butters, and nuts and seeds. Two eggs provides twelve grams of protein and three quarters of a cup of soy beans or tofu provides 21 grams of protein.

Milk and milk alternatives such as yogurt, cheese, cottage cheese and fortified soy beverage are also convenient tasty sources of protein. One cup of milk or 250 millilitres provides nine grams of protein. Three quarters of a cup or 175 millilitres of yogurt provides ten grams of protein. You can almost double the amount of protein if you eat Greek yogurt instead which provides 18 grams in the same amount,

Some simple ideas to ensure you are getting enough protein in your diet include;

? Eat a protein choice at breakfast, lunch and supper. Have a hard-boiled egg or some peanut butter with toast and a glass of milk for breakfast. Pack a tuna sandwich for lunch or add some beans and cheese or nuts and seeds to a salad. At supper broil a chicken breast with brown rice and steamed vegetables and a glass of milk or fortified soy beverage.

? Spread your protein intake throughout the day. Your body can only handle so much protein at once. We often eat too much protein at supper and not enough during the day.

? Eat a recovery snack which contains carbohydrates and protein within thirty minutes after you train or compete. The protein will help muscles repair and rebuild and the carbohydrates will help refuel muscles. Great post workout snacks include yogurt with a piece of fruit, chocolate milk, cheese and crackers, trail mix with nuts and seeds, or a sandwich with tuna, meat, cheese or peanut butter filling.

? Instead of relying on a protein shake boost the protein in your own homemade smoothie. Use half a cup of Greek yogurt instead of regular yogurt. Add a half a cup of milk instead of juice. Add a tablespoon of hemp hearts, or nut butter or skim milk powder. Blend all together with 1 cup of fresh or frozen fruit. Get creative and make your own delicious high protein smoothie.

So back to the question about protein supplements and whether they actually contain the protein it states? My suggestion to avoid this dilemma is to save your money and get your protein from real food.