



Protein Myths & Facts

Myths *You only need the Recommended Dietary Allowance (RDA) for protein.*

Facts This does not account for individuals who exercise at different levels, or account for an individual's size/weight. The RDA accounts for the average individual who is sedentary and does not participate in rigorous exercise. An individual needs to get about 80-100% of their body weight in grams of protein. If the individual only consumes the RDA, muscles will fall into a catabolic state, they will not recover or be nourished to grow stronger.

Myths *An excess amount of protein turns to fat.*

Facts A lean source of protein (chicken, fish, turkey) does not contribute to fat gain. A fattier source of protein in which is not lean, however may contribute. But just because one has an excess amount of protein above 1 gram/pound of body weight, does not mean that we should consume a crazy amount such as 2 grams/pound of body weight because not every one individual will metabolize it the same. An excess does not lead to fat gain, but you will find yourself using the restroom more often... I.e. wasting your protein/money.

Myths *A high protein diet can cause damage to the kidneys & can decrease bone density.*

Facts Studies show that individuals with a healthy kidney will not cause damage to their kidney's from a high protein diet. One will find higher levels of urea in the kidney's from a high protein diet, but evidence and research shows that it does not harm the kidney's. Now as far as bone density goes, an individual does not see a decrease in bone density from a high protein diet. Most individuals need more protein to help decrease the risk of decreasing bone density. Higher protein consumption has actually shown a greater bone mass when coupled with adequate levels of calcium.

References:

Nikkola, T. (2015). The Facts Behind the Top 6 Protein Myths. Retrieved January 31, 2016, from <http://www.core3training.com/top-6-myths-high-protein-diets-facts-behind-fiction/>

Stoppani, J. (2014, March 12). Death By Protein: Debunking The 'Protein Is As Bad As Smoking' Study. Retrieved February 03, 2016, from <http://www.bodybuilding.com/fun/death-by-protein-debunking-protein-is-as-bad-as-smoking-study.html>