



COMPLETING YOUR MEAL WITH PROTEIN

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DATE OF NEXT REVIEW: February 2022

A nutritionally complete meal will provide all macronutrients (carbohydrates, fats and PROTEIN) within International Acceptable Macronutrient Distribution Ranges (AMDR). This month we are giving protein the recognition it deserves as an essential component of complete nutrition. In this article we will look at some protein basics; how much protein we should be getting in our diet, how to best distribute these requirements throughout the day, the difference between complete and incomplete proteins and how to combine incomplete proteins to make a complete one. Protein is everybody's friend and we all need it for multiple important functions within the body.

HOW MUCH PROTEIN DO YOU NEED?

The recommended daily allowance (RDA) for protein is 0.8g/kg body weight per day. This amount is estimated to reach the needs of most healthy adults. However, while this amount may be enough for those that do not exercise, active individuals require considerably more protein¹. The below table outlines protein requirements of various groups of active individuals.

Daily protein requirements for physical activity

Daily or habitual protein requirements		
Physical activity level	g/kg BW/day	Comments
ISSN		
General fitness	0.8-1.0 g/kg BW	Focus on protein quality. Amino-acid content. Whole foods. Safe, convenient supplements where needed.
Older individuals	1.0-1.2 g/kg BW	
Moderate amount of intense training	1.0-1.5 g/kg BW	
High volume of intense training	1.5-2.0 g/kg BW	

You will see that those people participating in heavy training can require more than double of what a sedentary person of the same weight would. Either way, with a well-planned diet that consists of balanced meals throughout the day, requirements can be met without needing to supplement protein.

Visit www.futurelife.co.za to see examples of eating plans developed to reach the requirements of various groups of individuals.



PROTEIN DISTRIBUTION

While many people eat large amounts of protein at supper, it is not uncommon for the rest of the day's meals to be low in protein. Ideally protein should be distributed throughout the day's meals. There are multiple reasons for this including the fact that protein foods improve the satiety value and lowers the glycaemic index of meals and that it assists with muscle maintenance ^{2,3,4}.

Here is an example of how an 80kg male needing 1.6g/kg protein per day (128g protein) could distribute his protein intake:

- Breakfast: 2 boiled eggs and 1 serving FUTURELIFE® Smart Oats® with ½ cup milk (25g protein)
- Snack: 1 fruit and 50g raw almonds (10g protein)
- Lunch: 150g chicken with vegetables and a starch (32g protein)
- Snack post training: 75g FUTURELIFE® HIGH PROTEIN Smart food™ (22g protein)
- Dinner: 200g lean meat with salad & starch (42g protein)

TOTAL: 128g protein per day

Did you know: including protein in your breakfast not only helps you to reach your protein requirements for the day, it is also linked to a healthy bodyweight and reduced cravings ^{4,6}.

COMPLETE YOUR PROTEIN FOR COMPLETE NUTRITION

Complete proteins are ones that contain all the essential amino acids (building blocks) in adequate amounts. What makes these amino acids essential is that they cannot be synthesised by the body. Animal proteins are usually complete (so it is easy for meat eaters to get all essential amino acids). Soy and quinoa also provide complete protein- but there are other ways to make sure that you're getting the correct protein fix. Complimentary proteins. You can combine two or more plant protein sources (for example, a grain and legume), which are rich in different amino acids and boom, you have a complete protein.

Examples of appropriate pairings include⁵:

- Peanut butter on toast
- Hummus / falafel on a pita bread
- Peanut butter and oats
- Lentils and rice
- Legume soup and bread

CONCLUSION



Making nutritionally complete, balanced food choices makes reaching your protein requirements and making sure that they are well-distributed that much easier. Getting your protein intake right isn't complicated at all if you are well educated. As always FUTURELIFE® products are there to make things even simpler for you!

HOW FUTURELIFE® HIGH PROTEIN SMART FOOD™ PROVIDES COMPLETE NUTRITION:

A 75g serving of FUTURELIFE® HIGH PROTEIN Smart food™ mixed with low-fat milk, is a nutritionally complete and balanced meal as it provides an internationally recommended blend of energy from carbohydrates, proteins and fats⁷. It is the first and only scientifically formulated, low GI food that is high in energy. It is formulated using a key ingredient called SmartMaize™ which is the result of a patented cooking process, which gives it a distinct profile and a "unique fingerprint". It is also high in dietary fibre and contains inulin, made from whole grains (which gives this product it's "grainy" texture) to ensure optimal digestion and immune support.

FUTURELIFE® HIGH PROTEIN Smart food™ is made from a blend of researched proteins known as SmartProtein^{3D}. It is high in protein and contains 19 amino acids. It is formulated using unique FutureSoy, providing 35% of energy from protein (23g of protein per 75g serving). It is high in Omega-3 and naturally free from trans fatty acids and cholesterol.

The product contains 23 Vitamins and Minerals delivering 50%+ of daily requirements for all vitamins and most minerals⁶. Additionally, it contains functional ingredients namely fibre and inulin (great for everyday digestive health), as well as SUPRO® Soy Protein Isolate (sourced from soybeans, the protein is 'isolated' from the rest of the soybean components, making it 90% protein).

Containing all the essential amino acids, it is equivalent in protein quality to animal protein, contains no cholesterol and is almost fat free. SUPRO® Soy Protein Isolate is beneficially added into our unique SmartProtein^{3D} blend and is a registered trademark of DuPont and affiliates. FUTURELIFE® HIGH PROTEIN Smart food™ is therefore smart food for complete nutrition with SmartProtein^{3D}. To learn more visit www.futurelife.co.za.

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