



Maximizing Protein Absorption: Dietitian's Insights

Description

Protein is a critical component of every cell in our body, supporting tissue growth, DNA synthesis, muscle building, and more. Without sufficient protein, our body's optimal functioning is compromised. To aid weight management, MyFitnessPal suggests that individuals aiming to lose weight should derive 24% of their daily calories from protein. For instance, consuming around 83 grams of protein in a 1400-calorie diet can be beneficial.

To meet increased protein needs, MyFitnessPal offers high-protein plans like the 7-day Quick Start and the 28-day Ultimate High-Protein Plan. While protein requirements vary based on factors like age, sex, and activity level, the National Institutes of Health recommends 0.8 to 1 gram of protein per kilogram of body weight to prevent muscle loss.

Excessive protein intake can lead to the conversion of amino acids into fat for storage. Athletes or weightlifters might require more protein for muscle repair and growth, as suggested by the Academy of Nutrition and Dietetics. Nutrient timing is crucial, with evenly distributed protein intake aiding in muscle repair and overall health.

It's essential to focus on quality whole foods for protein, including lean meats, seafood, eggs, and plant-based sources like nuts and legumes. Prioritizing nutritional balance and spreading protein intake across meals can optimize its benefits. MyFitnessPal can assist in tracking protein intake and ensuring a personalized dietary approach to meet individual needs.

Vocabulary List:

1. **Compromised** /'kɒm.prə.maɪzd/ (verb): To impair or damage something.
2. **Synthesis** /'sɪnθəsis/ (noun): The combination of components to form a connected whole.
3. **Nutrient** /'njuː.tri.ənt/ (noun): A substance that provides nourishment essential for growth and the maintenance of life.
4. **Excessive** /ɪk'sɛs.ɪv/ (adjective): More than is necessary normal or desirable; too much.
5. **Legumes** /'lɛg.ju:mz/ (noun): Plants in the family Fabaceae which are mostly grown for their seeds.
6. **Prioritizing** /praɪ'brɪtaɪzɪŋ/ (verb): To arrange or deal with in order of importance.

Comprehension Questions



Multiple Choice

1. What is the recommended percentage of daily calories from protein for individuals aiming to lose weight according to MyFitnessPal?
 - Option: 12%
 - Option: 24%
 - Option: 36%
 - Option: 50%

2. Which organization recommends 0.8 to 1 gram of protein per kilogram of body weight to prevent muscle loss?
 - Option: Academy of Nutrition and Dietetics
 - Option: National Institutes of Health
 - Option: World Health Organization
 - Option: American Heart Association

3. What is a consequence of excessive protein intake as mentioned in the text?
 - Option: Decreased muscle growth
 - Option: Conversion of amino acids into fat
 - Option: Increased energy levels
 - Option: Improved metabolism

4. What type of individuals might require more protein for muscle repair and growth?
 - Option: Young children
 - Option: Elderly individuals
 - Option: Athletes or weightlifters
 - Option: Sedentary adults

5. Which of the following is not mentioned as a quality whole food protein source in the text?
 - Option: Lean meats
 - Option: Seafood
 - Option: Dairy products
 - Option: Legumes

6. What role does MyFitnessPal play in helping individuals manage their protein intake?
 - Option: Providing protein supplements
 - Option: Tracking protein intake
 - Option: Offering personal training sessions



Option: Suggesting crash diets

True-False

7. Excessive protein intake can lead to the conversion of amino acids into fat.
8. MyFitnessPal offers a 28-day Ultimate High-Protein Plan.
9. Nutrient timing is not crucial for muscle repair and overall health.
10. The National Institutes of Health recommends 1.5 grams of protein per kilogram of body weight to prevent muscle loss.
11. Plant-based sources like nuts are mentioned as quality whole foods for protein intake.
12. MyFitnessPal assists in ensuring a personalized dietary approach to meet individual protein needs.

Gap-Fill

13. MyFitnessPal recommends that individuals aiming to lose weight should derive _____
% of their daily calories from protein.
14. The National Institutes of Health recommends 0.8 to 1 gram of protein per kilogram of body weight to prevent muscle loss. For example, an individual weighing 70 kg would need between _____ and _____ grams of protein per day.
15. It is essential to focus on quality whole foods for protein like lean meats, seafood, eggs, and plant-based sources such as nuts and _____.
16. Athletes or weightlifters might require more protein for muscle repair and growth compared to sedentary adults, as suggested by the _____.
17. Prioritizing nutritional balance and spreading protein intake across _____ can



optimize its benefits for muscle repair and overall health.

18. MyFitnessPal can assist in tracking protein intake and ensuring a personalized dietary approach to meet individual _____ .

Answer

Warning: Array to string conversion in `/home/u750883576/domains/esl-news.com/public_html/wp-includes/formatting.php` on line **1128**

Multiple Choice: 1. 24% 2. National Institutes of Health 3. Conversion of amino acids into fat 4. Athletes or weightlifters 5. Dairy products 6. Tracking protein intake

True-False: 7. True 8. True 9. False 10. False 11. True 12. True

Gap-Fill: 13. 24 14. Array 15. legumes 16. Academy of Nutrition and Dietetics 17. meals 18. needs

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What type of disease is caused by pathogens?

- Option: Non-communicable
- Option: Infectious
- Option: Genetic
- Option: Autoimmune

2. Which substance is commonly used for cleaning clothes?

- Option: Water
- Option: Detergent
- Option: Vinegar
- Option: Bleach

3. Which process involves the conversion of food into energy for the body?

- Option: Digestion
- Option: Circulation
- Option: Respiration
- Option: Metabolic

4. Which concept aims to meet the needs of the present without compromising future generations?

- Option: Luxury



- Option: Sustainable
- Option: Disposable
- Option: Excessive

5. What term describes an amount that is more than necessary or normal?

- Option: Moderate
- Option: Adequate
- Option: Deficient
- Option: Excessive

6. Which food group includes beans lentils and chickpeas?

- Option: Grains
- Option: Fruits
- Option: Vegetables
- Option: Legumes

7. What term relates to the measurement of energy in food?

- Option: Nutrient
- Option: Caloric
- Option: Protein
- Option: Fiber

8. What term refers to substances that provide nourishment for the body?

- Option: Caloric
- Option: Fiber
- Option: Protein
- Option: Nutrient

9. What is the collective term for all the microorganisms living in a particular environment?

- Option: Microorganism
- Option: Pathogen
- Option: Microbiome
- Option: Reservoir

10. Which term relates to the biochemical processes within living organisms?

- Option: Anabolic
- Option: Metabolic
- Option: Catabolic
- Option: Synthesis

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. When handling chemicals it is essential to exercise _____ .
12. Individuals with allergies often have heightened _____ to certain substances.
13. The software allows for the _____ of user interfaces based on personal preferences.
14. The security of the system was _____ due to a vulnerability in the software.
15. When managing tasks _____ helps in focusing on what needs to be done first.
16. The repair costs were _____ to reach \$500 but they went over budget.
17. The new design will involve _____ feedback received from customers.
18. Regular exercise can help _____ overall fitness and well-being.
19. The company plans to reduce unnecessary _____ to improve profitability.
20. Athletes often follow a strict training _____ to maintain peak performance.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. Infectious diseases are caused by harmful microorganisms like bacteria and viruses.
22. To kill germs and prevent infections it is important to clean and sanitize surfaces regularly.
23. People who are lactose intolerant often choose dairy-free alternatives for milk and cheese.
24. The weather forecasters are that the snowfall will reach record levels this winter.
25. Chemical reactions in the laboratory involve the of new compounds from various elements.
26. When working with sharp tools it is crucial to handle them with care and .
27. After the data breach the security of the network was and needed urgent attention.
28. Using renewable energy sources like solar and wind power is key to building a future.
29. The gut plays a vital role in digestion and overall health.
30. Regular physical activity is beneficial for cardiovascular health.

Answer

Multiple Choice: 1. Infectious 2. Detergent 3. Metabolic 4. Sustainable 5. Excessive 6. Legumes 7. Caloric 8. Nutrient 9. Microbiome 10. Metabolic

Gap-Fill: 11. caution 12. sensitivity 13. customization 14. compromised 15. prioritizing 16. estimated 17. incorporating 18. enhance 19. expenditure 20. regimen

Matching sentence: 1. Pathogens 2. Disinfect 3. Dairy-free 4. Estimating 5. Synthesis 6. Caution 7. Compromised 8. Sustainable 9. Microbiome 10. Enhancing

CATEGORY

1. Health - LEVEL5

Date Created

2024/10/29

Author

aimeeyoung99