

Maximizing Protein Absorption: Expert Advice from the Dietitian

Description

Protein is important for our bodies, helping with growth, repair, and more. We need protein to function well. To lose weight, it's good to eat about 83 grams of protein if you're eating 1400 calories a day. There are plans in the MyFitnessPal app to help you eat more protein.

The amount of protein we need depends on our age, health, and activity level. Eating too much protein can be harmful as our bodies can't store it like carbs. Protein needs vary, with athletes needing more for muscle repair. You can use MyFitnessPal to track your protein intake.

It's best to spread out your protein intake throughout the day for muscle repair. Aim for meals with around 35 grams of protein. Nutrient timing matters, especially for athletes, with protein needed post-exercise for muscle recovery. Focus on quality protein sources like lean meats, eggs, and plant-based proteins.

Remember, protein is essential for everyone's health. MyFitnessPal can help you track your protein intake and reach your goals.

Vocabulary List:

- Protein** /'proʊ.ti:n/ (noun): A vital nutrient that helps in growth repair and overall functioning of the body.
- Intake** /'ɪn.teɪk/ (noun): The amount of a substance taken into the body.
- Activity** /æk'tɪv.ɪ.ti/ (noun): A condition in which things are happening or being done often related to physical movement.
- Harmful** /'ha:rm.fəl/ (adjective): Causing or capable of causing damage or injury.
- Repair** /rɪ'per/ (verb): To restore something to a good condition or fix it.
- Nutrient** /'nju:.tri.ənt/ (noun): A substance that provides nourishment essential for the maintenance of life and for growth.

Comprehension Questions

Multiple Choice

- What are some benefits of protein for our bodies?

Option: Helping with growth and repair

Option: Improving memory and concentration

Option: Boosting energy levels

Option: Regulating blood pressure

2. How many grams of protein is recommended for someone eating 1400 calories a day to lose weight?

Option: 45 grams

Option: 65 grams

Option: 83 grams

Option: 100 grams

3. Why can eating too much protein be harmful?

Option: It causes weight gain

Option: Our bodies can store excess protein like carbs

Option: Protein deficiency

Option: It leads to dehydration

4. What is a recommended strategy for protein intake for muscle repair?

Option: Consuming all protein in one meal

Option: Aiming for meals with around 10 grams of protein

Option: Spreading out protein intake throughout the day

Option: Consuming protein only before bedtime

5. Which group of people may need more protein for muscle repair?

Option: Children

Option: Elderly individuals

Option: Athletes

Option: Sedentary individuals

6. What are examples of quality protein sources mentioned in the text?

Option: Sodas and sugary drinks

Option: Fried foods

Option: Lean meats, eggs, plant-based proteins

Option: Processed snacks

True-False

7. Protein is not important for our bodies.

8. Our bodies can store excess protein like carbohydrates.
9. Nutrient timing does not matter for athletes.
10. The protein needs of everyone are the same regardless of age and activity level.
11. It is recommended to consume all daily protein intake in a single meal for best results.
12. MyFitnessPal does not offer plans to help users eat more protein.

Gap-Fill

14. To lose weight, it is beneficial to eat about _____ grams of protein a day if eating 1400 calories.
15. Athletes may require more protein for muscle repair compared to _____ individuals.
16. For muscle recovery, it is important to consume protein _____ -exercise.
17. Protein is essential for _____ health.
18. It is recommended to focus on quality protein sources like lean meats, eggs, and plant-based _____.

Answer

Multiple Choice: 1. Helping with growth and repair 2. 83 grams 3. Our bodies can store excess protein like carbs 4. Spreading out protein intake throughout the day 5. Athletes 6. Lean meats, eggs, plant-based proteins

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

Gap-Fill: 14. 83 15. sedentary 16. post 17. everyone's 18. proteins

Vocabulary quizzes

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

1. Which medical condition is characterized by the degeneration of joint cartilage and the underlying bone?

- Option: Osteoarthritis
- Option: Inflammation
- Option: Obesity
- Option: Protein Intake

2. Which nutrient is essential for tissue repair and muscle building?

- Option: Protein
- Option: Cartilage
- Option: Activity
- Option: Harmful

3. What can trigger cravings and influence food intake?

- Option: Cues
- Option: Relieve
- Option: Consumption
- Option: Surrogacy

4. Which type of pasta sauce is typically creamy and rich?

- Option: Casserole
- Option: Alfredo
- Option: Spinach
- Option: Roasted

5. What can increasing protein intake do for muscle growth?

- Option: Reducing
- Option: Boost
- Option: Terminated
- Option: Unreliable

6. Which family-building method involves a woman carrying a child for another individual or couple?

- Option: Experience
- Option: Surrogacy
- Option: Unexpected
- Option: Agency

7. What serves as a cushion between bones to prevent them from rubbing together?

- Option: Inflammation
- Option: Protein Intake
- Option: Cartilage
- Option: Activity

8. What plays a key role in maintaining joint health and mobility?

- Option: Harmful
- Option: Reductions
- Option: Activity
- Option: Cravings

9. What do certain medications aim to do for individuals with chronic pain?

- Option: Obese
- Option: Protein
- Option: Intake
- Option: Relieve

10. What is a substance that provides nourishment essential for growth and the maintenance of life?

- Option: Consumption
- Option: Nutrient
- Option: Cues
- Option: Appealing

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

11. _____ can contribute to joint pain and swelling in osteoarthritis.

12. What are commonly prescribed to help _____ symptoms of osteoarthritis?

13. Being _____ can increase the risk of developing osteoarthritis.

14. Excessive consumption of unhealthy foods can be _____ to joint health.

15. Monitoring food _____ is important for overall health.

16. Healthy food choices can still be delicious and _____ to the taste buds.

17. _____ stress on joints through proper exercise can help manage osteoarthritis.

18. _____ vegetables can be a nutritious addition to one's diet.

19. Eating protein-rich foods can help _____ muscle development.

20. The surrogacy agreement was unexpectedly _____ by the agency.

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

21. The smooth shiny tissue known as ensures that bones move smoothly against each other.
22. Regular physical can help reduce the risk of osteoarthritis and improve joint function.
23. Athletes often increase their intake to support muscle repair and growth.
24. Water is an essential that plays a crucial role in various bodily functions.
25. The process of involves one woman carrying a child for another individual or couple.
26. Chronic joint can lead to tissue damage and further degeneration in osteoarthritis patients.
27. Increasing vitamin intake can the immune system's ability to fight off infections.
28. The facilitated the surrogacy process and matched the intended parents with a suitable surrogate.
29. Going through the surrogacy journey was an emotional and unique for both the intended parents and the surrogate.
30. A creamy pasta sauce like can be a decadent treat for pasta lovers.

Answer

Multiple Choice: 1. Osteoarthritis 2. Protein 3. Cues 4. Alfredo 5. Boost 6. Surrogacy 7. Cartilage 8. Activity 9. Relieve 10. Nutrient

Gap-Fill: 11. Inflammation 12. Medications 13. Obese 14. Harmful 15. Consumption 16. Appealing 17. Reducing 18. Roasted 19. Boost 20. Terminated

Matching sentence: 1. Cartilage 2. Activity 3. Protein 4. Nutrient 5. Surrogacy 6. Inflammation 7. Boost 8. Agency 9. Experience 10. Alfredo

CATEGORY

1. Health - LEVEL2

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