



The Protein Dilemma: Finding the Right Balance

Description

[Enthusiastic TikTokers](#) and [wise grandmothers](#) are both embracing the trend of high-protein diets. Whether it's through protein powders, bars, or trendy eating plans like Keto and Carnivore, which focus on increased protein consumption, the idea prevalent is that more protein equals better health.

But is this always the case?

Contrary to popular belief, Stephanie Nelson, the lead nutrition scientist at MyFitnessPal, warns that "More protein is not always better." Understanding the right amount of protein for your body is essential to avoid going overboard.

Determining Your Protein Needs

Protein is vital for growth, development, and repair of the body. So, how much protein is actually necessary?

For the average adult with low physical activity, the USDA recommends about [0.8 grams of protein per kilogram of body weight](#). This translates to around 51 grams per day for someone weighing 140 pounds, achievable through foods like Greek yogurt and chicken.

While slightly more protein than the standard recommendation may be beneficial, excess protein intake might not yield significant benefits and could lead to nutritional deficiencies.

Nelson emphasizes the importance of balance, stating, "You want to consume enough protein to support your health and fitness goals, but not so much that it starts to crowd out other vital nutrients from your diet."

Understanding Protein Limits

Eating excessive protein can hinder the intake of other essential nutrients and may not necessarily enhance muscle growth beyond a certain point. Nelson suggests that above 1.6g/kg, the benefits of increased protein consumption diminish, and careful planning is required beyond that threshold.

It's crucial to maintain a balanced diet with varied sources of lean proteins like fish, chicken, beans, and low-fat dairy. Prioritizing overall dietary patterns over excessive protein intake is key to achieving and maintaining health and weight goals.

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Vocabulary List:



1. **Consumption** /kən'sʌmpʃən/ (noun): The act of using up a resource or substance.
2. **Deficiencies** /dɪ'fɪʃənsi:z/ (noun): A lack or shortage of something necessary.
3. **Vital** /'vaɪtəl/ (adjective): Absolutely necessary or important; essential.
4. **Threshold** /'θreʃhoʊld/ (noun): The level or point at which something begins or changes.
5. **Achievable** /ə'tʃi:vəbl/ (adjective): Able to be reached or accomplished.
6. **Emphasizes** /'emfə,sɑɪzɪz/ (verb): To give special importance or prominence to something in speaking or writing.

Comprehension Questions

Multiple Choice

1. What is the recommended amount of protein per kilogram of body weight for an average adult with low physical activity?
Option: 0.6 grams
Option: 0.8 grams
Option: 1 gram
Option: 1.5 grams
2. According to Stephanie Nelson, what does excessive protein intake potentially lead to?
Option: Weight loss
Option: Nutritional deficiencies
Option: Increased energy levels
Option: Healthy muscle growth
3. Above what amount of protein intake per kilogram of body weight do the benefits start to diminish according to Nelson?
Option: 1.0g/kg
Option: 1.2g/kg
Option: 1.6g/kg
Option: 2.0g/kg
4. What is emphasized as crucial in maintaining health and weight goals by Nelson?
Option: Consuming excessive protein
Option: Prioritizing overall dietary patterns
Option: Avoiding all proteins
Option: Following fad diets



5. Which of the following is NOT a source of lean proteins mentioned in the text?
- Option: Fish
 - Option: Chicken
 - Option: Pork
 - Option: Beans
6. What is the daily protein recommendation for someone weighing 140 pounds, according to the text?
- Option: 30 grams
 - Option: 43 grams
 - Option: 51 grams
 - Option: 60 grams

Answer

Multiple Choice: 1. 0.8 grams 2. Nutritional deficiencies 3. 1.6g/kg 4. Prioritizing overall dietary patterns 5. Pork 6. 51 grams

Vocabulary quizzes

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

1. What type of fasting involves alternating periods of eating and fasting?
- Option: A. Random fasting
 - Option: B. Occasional fasting
 - Option: C. Intermittent fasting
 - Option: D. Flexible fasting
2. Which term refers to a systematic plan or routine especially related to health or fitness?
- Option: A. Protocol
 - Option: B. Regimen
 - Option: C. Chronic
 - Option: D. Intermittent
3. Which term describes deep inward feelings rather than intellect?
- Option: A. Ostensible
 - Option: B. Visceral
 - Option: C. Rational
 - Option: D. Superficial



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4. What is the process of metal being slowly destroyed by chemical reactions?
- Option: A. Oxidation
 - Option: B. Erosion
 - Option: C. Corrosion
 - Option: D. Disintegration
5. Which term refers to the act of using up a resource?
- Option: A. Conservation
 - Option: B. Consumption
 - Option: C. Preservation
 - Option: D. Endowment
6. What do we call the lack or shortage of something required?
- Option: A. Sufficiency
 - Option: B. Wholesomeness
 - Option: C. Deficiencies
 - Option: D. Plentifulness
7. Which term means to a satisfactory or acceptable extent?
- Option: A. Insufficiently
 - Option: B. Moderately
 - Option: C. Inadequately
 - Option: D. Adequately
8. What is the term for maintaining at a certain rate or level?
- Option: A. Elevate
 - Option: B. Deplete
 - Option: C. Sustain
 - Option: D. Overflow
9. Which term refers to giving special importance or attention to something?
- Option: A. Minimizes
 - Option: B. Highlights
 - Option: C. Neglects
 - Option: D. Emphasizes
10. What term refers to the state of being in good health especially as an actively pursued goal?
- Option: A. Sickness
 - Option: B. Infirmary
 - Option: C. Wellness
 - Option: D. Malaise



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

11. _____ is the ability to produce a desired or intended result.
12. Exercising regularly can help improve your _____ rate.
13. Spinach is often called a nutritional _____ due to its high vitamin content.
14. The buffet offered a _____ of food options to satisfy every guest.
15. The selection _____ for the scholarship program were quite stringent.
16. The police launched an _____ into the theft of valuable art pieces.
17. Proper hygiene practices can help prevent the spread of _____ in hospitals.
18. The surgery was successful but there were unforeseen _____ afterward.
19. The magician used a _____ trick to make the cards disappear.
20. Honesty and _____ are important values in a professional setting.

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

21. Yoga exercises can help improve your overall body .
22. Monitoring your daily food is crucial for maintaining a healthy diet.
23. Having a good support system is for mental well-being.
24. Running that last mile pushed him to his of endurance.
25. Setting realistic goals is important to ensure they are .
26. Regular exercise can lead to an quality of life.
27. The tropical rainforest is home to an variety of plant and animal species.
28. The university prides itself on the of its student body and faculty.



29. The teacher will the importance of revisions before the exam.

30. Breaking down a large project into smaller tasks makes it more .

Answer

Multiple Choice: 1. C. Intermittent fasting 2. B. Regimen 3. B. Visceral 4. C. Corrosion 5. B. Consumption
6. C. Deficiencies 7. D. Adequately 8. C. Sustain 9. D. Emphasizes 10. C. Wellness

Gap-Fill: 11. Efficacy 12. Metabolic 13. Powerhouse 14. Plethora 15. Criteria 16. Investigation 17. Infection
18. Complications 19. Deceptive 20. Integrity

Matching sentence: 1. Flexibility 2. Intake 3. Vital 4. Threshold 5. Achievable 6. Improved 7. Abundant
8. Diversity 9. Emphasize 10. Achievable

CATEGORY

1. Health - LEVEL5

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Author

aimeeyoung99

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