

Protein — and Using Protein Powder

For healing, muscle and recovery

How much do you need?

- **Healthy adult:** about **0.8 to 1 gram per kilogram** of body weight a day. A 60 kg person needs roughly 50–60 g.
- **Recovering from surgery, a fracture, or a wound:** about **1.2 to 1.5 g/kg** — healing tissue needs more raw material.
- **Older adults:** at least **1 to 1.2 g/kg** — muscle is lost with age and low protein accelerates it.

GET IT FROM FOOD FIRST — IT IS CHEAPER AND BETTER

1 katori cooked dal — about 6 g · 1 katori rajma or chana — 8–9 g · 1 cup milk — 8 g · 1 katori curd — 6 g · 100 g paneer — 18 g · 1 egg — 6 g · 100 g chicken or fish — 20–25 g · 1 katori sprouts — 7 g · 30 g soya chunks — 15 g

Spread it through the day. Your body uses 25–30 g at a time far better than 60 g in one meal. Include some protein at breakfast — most Indian breakfasts are almost pure carbohydrate.

If you use a protein powder

- **It is a supplement, not a meal.** Use it to fill a gap you cannot fill with food.
- **One scoop (usually 25–30 g powder) gives about 20–24 g of protein.** Read your tin — they vary a lot.
- Mix with water or milk. Take it **with or after a meal**, or within an hour after exercise.
- **One to two scoops a day is plenty** for almost everyone.
- Start with half a scoop for a few days — sudden full doses cause bloating and loose motions.
- **Drink extra water** when your protein intake goes up.

BEFORE YOU BUY ONE

Tell us if you have kidney disease — extra protein may be harmful and the dose must be decided medically.

Avoid mass gainers and bodybuilding blends from unregulated sources. Many contain added steroids, stimulants or unlisted ingredients, and we regularly see young men with liver and hormonal problems from these.

Buy a plain, well-known brand of whey or soya protein. **Bring the tin to us** if you are unsure — more protein than you need is simply wasted, and expensive.

Search: protein powder, whey protein, how much protein, vegetarian protein sources

